

Panko Coated Perch Bites

Serves 4 to 6

Ingredients

- 1 lb fresh fish fillets cut into 1 inch bites (bass, perch or walleye)
- 1 cup flour
- 1 egg
- Panko bread crumbs
- Vegetable oil
- Kosher salt and pepper



Directions

In a medium bowl, combine 1 egg, 2 tbsp water and a large pinch of salt and pepper. Beat with a fork or whisk until well mixed.

Place the Panko in a separate medium size bowl and add a generous pinch of kosher salt and ground black pepper

Dip the fish bites in the egg wash and then roll in the Panko crumbs, set aside.

Using a large pan (cast iron works best) add 1/2 inch of vegetable oil and heat until it is hot but not smoking. If it is hot the fish should sizzle when dropped in the pan.

Add the fish bites to the pan and cook for about 60 seconds until golden brown on the bottom, gently flip and cook another 60 seconds. Remove and place on paper towel to absorb excess oil.

Serve with a garlic mayo aioli.

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