



INSTRUCTIONS

For Using Our

FISH FRY MIX

Pre-Prep Procedures:

Assemble bowls and whisk for mixing wet ingredients or batters. For deep frying you will need tongs or slotted spoon, paper towels for draining away oil, cooking oil (peanut, canola, corn, or vegetable), deep fry cooker or heavy, deep skillet (4" or more deep), deep fry thermometer, a container, and a fine strainer to filter used cooking oil of food particles for possible reuse.

Prepare Fish:

Wash and clean fish fillets and pat dry with paper towels. White fish, such as pike, cod, or catfish are excellent choices. Cut fillets into similar sizes, about 2" wide by 3" wide. Thicker fish should be chunked up for more surfaces to apply breading. Keep fish very cold right up to the moment it is breaded and cooked.



DRY BREADING FISH FRY



1. Prepare 2 bowls of dry fry mix.



2. Prepare a wet mix in a third bowl by adding a couple tablespoons of water or milk to 2 eggs and whisk until frothy.



3. Dust several fillets with the dry fry mix in first bowl.



4. Dip dusted fillets in the wet mix until fully coated.



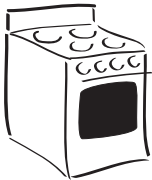
5. Coat fillets in second bowl of dry fry mix. For a thicker coating, repeat dipping in wet mix and recoat with dry mix. More coating requires a slightly longer cooking time.

COOK FISH BY UTILIZING ONE OF THE THREE METHODS BELOW...



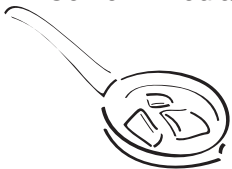
1. DEEP FRY COOK METHOD:

- A.** Preheat oil to 350° F. to 375° F. (if cooking several fish fillets at one time, heat oil to 375° F.). Oil is ready when a small piece of breading sizzles after being dropped into hot oil.
- B.** Add breaded fish fillets to heated oil one or two at a time so the oil temperature can recover. Cook thicker portions first.
- C.** Deep fry and turn fillets until golden brown (about 4 to 5 minutes). A properly cooked fish will flake apart when pulled with a fork. Meat should be opaque in color.
 - a. Skim oil to remove burned batter fragments between batches.
 - b. Important: Maintain a high oil temperature to produce a crispy coating and to reduce excessive oil absorption.
- D.** Allow oil to drain off by laying a single layer of fillets on paper towels.
- E.** Serve immediately (to retain crunchy breading) or place in a 275° F. oven until ready to serve.



2. OVEN BAKE COOK METHOD (low fat):

- A.** Preheat oven to 450° F.
- B.** Place breaded fillets on a greased cookie sheet or an oven-proof skillet, or use a non-stick cookie sheet.
- C.** Place sheet in oven on lowest oven rack and bake for about 5 minutes.
- D.** Turn fish fillets over and bake (another 4 to 5 minutes) or until golden brown. A properly cooked fish will flake apart when pulled with a fork. Meat should be opaque in color.
- E.** Serve immediately.



3. PAN FRY COOK METHOD (low fat):

- A.** Preheat 2 to 3 tablespoons cooking oil to 375° F. to 400° F. in a heavy skillet.
- B.** Place breaded fillets in hot oil and cook uncovered 4 to 5 minutes.
- C.** Turn fish fillets over and fry (another 4 to 5 minutes) or until golden brown. A properly cooked fish will flake apart when pulled with a fork. Meat should be opaque in color.
- D.** Serve immediately.

WET BEER BATTER FISH FRY



1. Prepare fish as noted above.



2. Preheat oil in deep fry cooker to 350° F. to 375° F. (if cooking several fish fillets at one time, heat oil to 375° F.)



3. Prepare 2 separate bowls:

1. Dry Mix: Enough to pre-dust each fillet.

2. Wet Batter: Mix enough beer (non-alcoholic works fine) to dry fry mix to create a thick, soupy mixture. The fry mix should be almost 100% suspended in the beer. Milk or water can be substituted for beer.



4. Dust several fillets with the dry fry mix.



5. Dip the dusted fillets into beer batter and thoroughly coat.



6. Add battered fish fillets to heated oil one or two at a time so the oil temperature can recover. Cook thicker portions first.

Deep fry and turn fillets until golden brown (about 4 to 5 minutes). A properly cooked fish will flake apart when pulled with a fork. Meat should be opaque in color.

a. Skim oil to remove burned batter fragments between batches.

b. Important: Maintain a high oil temperature to produce a crispy coating and to reduce excessive oil absorption.



7. Allow oil to drain off by laying a single layer of fillets on paper towels.

Other Uses for Breading & Batters

Vegetables

While preparing the breading or batters for a fish fry, consider adding breaded vegetables to the menu to complete the meal. Vegetables are delicious when breaded with a dry or wet batter and makes a perfect side dish. Consider trying these vegetables with your fish fry; zucchini slices or sticks, thin cucumber slices, onion rings, green pepper slices, florets of cauliflower or broccoli, mushrooms or eggplant and more!

1. Clean and prepare vegetables by cutting into small sections and pat dry.
2. Utilize the same breading technique as for fish with either dry or wet batters.
3. Use any one of the 3 cook methods stated (on reverse side) for cooking the breaded vegetables.

Coconut Shrimp Deep Fry

Here is another delectable treat...Coconut Shrimp! Simply prepare shrimp by deveining and cleaning. Leave the tails on and pat dry with paper towels.

DRY BREADING DEEP FRY

1. Follow steps on reverse side for Dry Breading Fish Fry but substitute shrimp for fish fillets.
2. Add ample amount of shredded coconut to second bowl of dry fry mix (preferences may vary).
3. Deep fry 2 to 3 minutes, turning until golden brown.

WET BEER BATTER DEEP FRY

1. Follow steps on reverse side for Wet Beer Batter Fish Fry but substitute shrimp for fish fillets.
2. Add ample amount of shredded coconut to second bowl of wet batter mix (preferences may vary).
3. Deep fry 2 to 3 minutes, turning until golden brown.

TIPS & TRICKS

1. Use cooking oil that has a high smoking point. It is not good to heat oil to the point of smoking.
2. Oil should be deep enough to cover fish without the fish touching the bottom of the pan.
3. Always maintain adequate oil temperature (350° F. to 375° F.) throughout fish frying to avoid oil soaking into the breading and batter, making the fish distasteful.
4. Overcooking fish (allowing it to stay in hot oil too long) can cause them to be tough and dry.
5. Deep frying in oil that is too hot can cause the outside to be a deep brown, yet the inside undercooked.
6. The use of a splatter screen, extra pan to set hot oily tools into, and use of an apron will keep from soiling clothes with oil splatter.
7. Leave a margin of 2 inches at top of deep fry pan to avoid overflowing when adding several fish.
8. Oil that is highly filtered after use can be stored in a glass jar and used once more for deep fry by freshening with new oil. Oil can also be reused for sautéing or skillet frying, and may even be taken to the recycling center.
9. To contain the fry shack smell, the use of scented candles or keeping doors closed to the kitchen is recommended. A good practice for large meal preparations is to deep fry outside with a portable burner or grill burner.
10. **For Your Safety:** Do not let droplets of water contact hot oil since it can cause explosive splattering. Gently lower food into hot oil rather than dropping to avoid hot splatter. Lastly, hot oil is extremely dangerous. Keep out of reach of children, always wear an apron, and avoid moving a fryer or pan until oil is completely cooled down.

RECIPE TIPS:

1. It's fun to be creative with fry mixes! Adding various spice ingredients to personalize flavors can make your fish fry unique and even colorful. Try adding crushed chili peppers, or a small amount of black pepper, celery seed, dill seed, etc.