

Crispy Oven Fried Cod

Ingredients

1 1/2 cup dry breadcrumbs	3 lbs cod fillet, cut into pieces
1 1/2 cup yellow cornmeal	3 large eggs, lightly beaten
2 1/2 tsp seasoning salt	6 tbsp vegetable oil
1 1/2 tsp lemon pepper	
1 1/2 tsp garlic powder	
1/2 tsp cayenne pepper	

Directions

Preheat oven to 475°. (set oven rack to second-lowest position)
In a large heavy Ziploc, combine breadcrumbs, cornmeal, seasoning salt, lemon pepper, cayenne and garlic powder; shake bag to mix.

In a shallow bowl, lightly beat the eggs. Adding one piece of fish at a time, place in bag and coat well with mixture. Remove from bag and dip in eggs. Return to bag to coat the fish again. Repeat for all cod pieces. Transfer to a plate.

Heat 3 tbsp oil in large ovenproof skillet over high heat until hot but not smoking. Fry the fish until the under sides are golden brown. Turn over and cook another 1 minute more. Place skillet in oven and bake about 5-6 minutes or until just cooked through.

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