



# CRISPY CAJUN FISH STICKS

SOUTHERN INSPIRED WITH CORNMEAL & SPICES

Use fresh water fish such as perch for these sticks.

- 1 pound freshwater fish filets (or you can use halibut or cod)
- 1 C medium- coarse cornmeal
- 2 TBS cajun seasoning
- 2 eggs, beaten
- 1 C flour oil for frying - I used olive oil but canola or vegetable oil will also work

- 1** Assemble three bowls on your counter, the first one with the flour, the second one for the eggs and the third for the cornmeal mix. Have them in this order with the cornmeal bowl being in close proximity to your frying pan. Coat a large frying pan with oil over medium-high heat.
- 2** Coat the fish first in the flour, then the egg, then the cornmeal mix. Place the breaded fish into the hot pan and allow them to sizzle and brown up on each side for about 3-5 minutes. They may need more time, but watch them carefully so they don't burn. Don't overcrowd the pan either - give each piece some room, and fry in batches if needed, adding more oil when necessary.
- 3** Serve fish sticks once they are crispy and brown on each side with ketchup or BBQ sauce.