

GUASTELLO'S VILLAGE MARKET

Pan Fried Walleye

Serves 6

Ingredients

8 Walleye fillets, (substitute white fish fillets)

2 eggs

3/4 cups flour

1 cup Italian style bread crumbs

1/2 teaspoon salt

1/4 teaspoon onion powder

1/2 teaspoon paprika

For Frying:

4 tbl. oil (vegetable, canola or olive oil)

Instructions:

Lightly beat eggs in a dish.

In another dish combine flour, bread crumbs and seasoning.

Dip fish in egg and then in flour mixture. Shake off any excess flour.

Add a couple of tablespoons of oil to a pan and heat pan over medium heat.

When pan is hot, add 3-4 fillets to pan. Cook 3 minutes per side so each side is nicely browned.

Remove fish from pan and place on a baking sheet lined with a baking rack. Place cooked fish in a 350 degree oven while you cook remaining fish.

Wipe out pan and add additional oil. Repeat process with remaining fish.

Credit: beyondthechickencoop.com