

CORNMEAL-CRUSTED PERCH



Ingredients

Perch, cleaned and gutted
Eggs
Flour
Cornmeal
Salt
Pepper
Other spices and dried herbs, as desired

YOU CAN KEEP IT SIMPLE AND USE SALT AND PEPPER AS THE ONLY SEASONINGS, OR YOU CAN DRESS UP THE CORNMEAL WITH WHATEVER YOU'D LIKE! TRY ADDING PAPRIKA OR SMOKED PAPRIKA, PLUS A LITTLE GARLIC POWDER OR ONION POWDER, AND A LITTLE BIT OF DRIED MUSTARD.

DID YOU KNOW: DREDGING IS COATING FOOD (USUALLY AFTER DAMPENING IT WITH MILK OR EGGS) WITH A DRY INGREDIENT, SUCH AS FLOUR, BREAD CRUMBS, CORNMEAL, ETC.

Directions

1. Using paper towels, pat the fish dry. Let the fish sit and air out as you prepare the remaining ingredients.
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2. Crack eggs into a container big enough for dipping the perch. Whisk with a fork until mostly uniform.
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3. In another container of similar size, combine approximately equal parts cornmeal and flour. Season with salt and pepper, and other appropriate seasonings you have on hand (see note)
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4. Lay out a piece of foil to hold the dredged fish.
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5. Holding the perch by the tail (or tail end, if the tail has been removed) dip in the egg until fully coated, and then dip in the cornmeal mixture. Place the dipped perch on the foil.
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6. When all of the fish has been coated, cook it on the grate (if you are willing to keep a close eye on it and turn it regularly), on the piece of foil (which gives a little buffer between the fish and the flames), or in a pan (for maximum control).
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7. Perch is done when it is opaque and tender, and the flesh easily flakes away from the bones.