

## Southern Pan Fried Whiting Fillet

### Directions

- Use a heavy bottom pan or cast iron skillet to fry the fish
- Use your choice of fish. Tilapia, whiting, cod or catfish. I used whiting fish.
- If necessary, remove the bones from the fish
- To make this gluten-free, don't use flour.
- Pat the fish dry before you dredge them.
- Season the fish lightly with salt. Add pepper
- Gently press the breading onto the fish and shake off excess flour before you add it to the oil.
- Coat the fish then leave it alone for 10-15 minutes. the longer the better. This will help keep the coating from falling off.
- Use a cast iron skillet or a heavy duty frying pan
- Do not fill the skillet more than halfway with oil.
- Once the temperature reaches 350F it's time to fry the fish.