

# GREAT WHITING RECIPES

## **GREAT Fried Whiting Fillets**

2 LB Whiting fillets

½ C Flour

1 C Milk

1 C Bread crumbs

3 Eggs beaten

Lemon wedges

Oil for frying

Salt and pepper

Heat oil to 370° F. Thaw fish if frozen. Lightly salt and pepper fillets. Dip fillets in milk, then dust with flour. Dip into beaten eggs and roll in breadcrumbs. Deep fry fillets for 3-5 minutes until golden brown and fish flakes easily with a fork.

Serves six

## **The GREAT Whiting Salad**

1 LB Whiting fillets

¼ C Flour

½ C Milk

½ C Breadcrumbs

1/3 C Mayonnaise

2 Eggs Beaten

½ t Prepared horseradish

½ C Chopped sweet onion

Salt and pepper to taste

Oil for frying

Heat oil to 370° F. Thaw fish if frozen. Cut fillets into 2" squares. Lightly salt and pepper fillets. Dip fillets in milk, then dust with flour. Dip into beaten eggs and roll in breadcrumbs. Deep fry fillet squares 3-5 minutes. Mix remaining ingredients together. Add fish squares and mix well. Serve on saltine crackers.

Serves 4

### **GREAT Whiting Fillets with tomato and onion**

1 T Olive oil  
1 C Chopped onion  
1 C Shopped tomato  
½ t Dried basil  
½ t Salt  
1 T Water or Chicken broth  
1 LB Whiting Fillets

Thaw fish if frozen. Place olive oil and onion in a 2-3 quart microwave-safe casserole dish and toss to blend. Cover and microwave on high for 3 minutes. Stir in the tomatoes, basil and water or broth. Cut the fish in 4 pieces. Place the fish in the casserole dish and spoon some of the tomato mixture over. Cover and microwave on high for 5-7 minutes or until fish is opaque throughout.

Serves four

### **GREAT Texas Whiting Fillets**

2 LB Whiting Fillets  
2 T Lemon juice  
182 C Grated parmesan cheese  
¼ C Butter  
3 T Mayonnaise  
3 T Chopped green onion  
184 t Salt

Dash liquid hot pepper sauce

Thaw fish if frozen. Place fillets in a single layer on a well-greased baking platter. Brush with lemon juice. Combine remaining ingredients and set aside. Broil fish for 6 minutes or until fish flakes easily when tested with a fork. Remove from heat and spread with cheese mixture. Broil 2 more minutes until lightly brown.

Serve six

### **GREAT Tartar Sauce**

370° F 1 C Mayonnaise  
184 C Sour cream  
2 T Chopped dill pickles  
2 T Finely chopped onions  
1 t Lemon juice  
Dash of pepper  
Mix all ingredients and chill