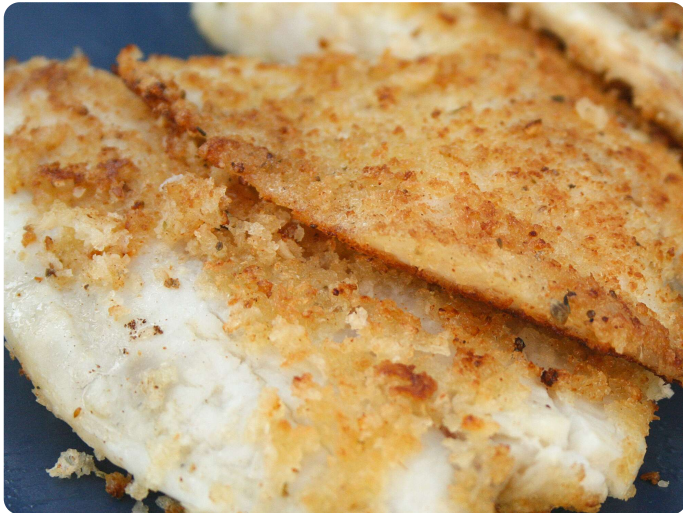




Jeannie39s Kickin39 Fried Fish

Savannah · 30/09/2024



Prep Time

15 mins

Difficult

Medium

Servings

40 mins

Description

This was one of those recipes I created when I was cleaning out my spice cabinet Everyone asks me for this recipe

Ingredients

- - 1 pound tilapia fillets
- rinsed and patted dry - 1 egg - 1 cup milk - 1/2 cup Italian seasoned bread crumbs (such as Progresso®) - 2 teaspoons roasted onion flakes - 2 teaspoons minced garlic - 1 teaspoon blackened seasoning (such as Old Bay®) - 2 pinches crushed red pepper flakes (Optional) - 1/4 teaspoon freshly ground black pepper
- or to taste - 1/4 teaspoon freshly ground sea salt
- or to taste - 1 1/2 tablespoons olive oil - 2 teaspoons butter

Instructions

1. Beat the egg with milk in a shallow bowl. In another shallow bowl
2. mix together the bread crumbs
3. roasted onion flakes
4. garlic
5. blackened seasoning
6. crushed red pepper flakes
7. black pepper
8. and sea salt. Dip a tilapia fillet into the egg mixture
9. then press gently into the crumb mixture on both sides; set the coated fillet onto a plate. Repeat with remaining fillets; refrigerate the coated fillets for about 15 minutes to help set the crumbs. Heat the olive oil and butter in a cast-iron frying pan over medium heat. Lay the fillets into the skillet
10. and pan-fry until golden brown on each side
11. about 3 minutes per side. The fish should be opaque and flaky underneath the coating. Remove and drain fillets on paper towels. Doubletigers Editor's Note: The nutrition data for this recipe includes the full amount of the egg
12. milk
13. and breading ingredients. The actual amount of these ingredients consumed will vary.