



## Cornmeal Coating

Oscar · 28/09/2024



### Prep Time

20 mins

### Difficult

Medium

### Servings

4

### Description

This cornmeal fish batter recipe is a great coating for fried fish. You can substitute any type of fish you like.

### Ingredients

— - ½ cup milk - 1 tablespoon lemon juice - 4 (3 ounce) fillets cod - 1 cup oil for frying - ½ cup cornmeal - ½ cup all-purpose flour - 1 teaspoon paprika - ½ teaspoon ground black pepper - ½ teaspoon salt - ½ teaspoon garlic powder - ½ teaspoon dried thyme - ½ teaspoon cayenne pepper

### Instructions

1. Gather the ingredients. Combine milk and lemon juice in a medium bowl. Add cod fillets and soak for 5 minutes. Heat oil in a deep saucepan over medium heat. Mix cornmeal and flour together in a shallow bowl. Season with paprika
2. black pepper
3. salt
4. garlic powder
5. thyme
6. and cayenne pepper. Dredge cod fillets in cornmeal mixture to coat both sides. Fry cod fillets in hot oil
7. until cooked through and golden brown
8. about 3 to 4 minutes per side. Transfer to a paper towel-lined plate to drain. Editor's Note We have determined the nutritional value of oil for frying based on a retention value of 10% after cooking. The exact amount may vary depending on cook time and temperature
9. ingredient density
10. and the specific type of oil used.