



Breaded PanFried Salmon

Oscar · 28/09/2024



Prep Time

35 mins

Difficult

Medium

Servings

6

Description

This fried salmon is absolutely deliciouso I love this recipe These breaded panfried salmon fillets are best served with steamed rice and spring mix salad or broccoli florets and mashed potatoes or on a toasted roll for a sandwich

Ingredients

— - ? cup vegetable oil for frying - 1 ½ cups cornmeal - ½ cup all-purpose flour - 1 tablespoon seasoned salt - 1 tablespoon kosher salt - ½ tablespoon lemon pepper - ½ teaspoon ground white pepper - 3 large eggs - 6 salmon fillets

Instructions

1. Heat oil in a cast iron skillet to 350 degrees F (175 degrees C). Whisk together cornmeal
2. flour
3. seasoned salt
4. kosher salt
5. lemon pepper
6. and white pepper in a medium bowl. Beat eggs in a separate bowl for 10 seconds. Working one at a time
7. dip salmon into beaten eggs to coat completely. Dredge salmon in cornmeal mixture to cover completely. Shake off excess. Working in batches
8. fry salmon in hot oil
9. flipping halfway
10. until a golden brown crust forms
11. 8 to 10 minutes. 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. Amount will vary depending on cooking time and temperature
12. ingredient density
13. and specific type of oil used.