



Light and Crispy Fried Halibut

Savannah · 29/09/2024



Prep Time

25 mins

Difficult

Medium

Servings

4

Description

This deepfried halibut recipe resulted in the best fish and chips weve ever made or had

Ingredients

- - oil for frying - 2 eggs
- beaten - $\frac{1}{4}$ cup milk - 1 tablespoon all-purpose flour - $\frac{1}{2}$ (8 ounce) package panko bread crumbs - $\frac{1}{2}$ cup seasoned bread crumbs - 1 pound halibut
- cut into 2-inch squares

Instructions

1. Heat oil in a deep fryer or large saucepan to 350 degrees F (175 degrees C). Whisk eggs
2. milk
3. and flour together in a shallow bowl. Stir panko bread crumbs and seasoned bread crumbs together in another bowl. Gently dip halibut into egg mixture
4. then press gently into bread crumbs to coat both sides. Place the breaded halibut
5. unstacked
6. onto a plate. Repeat with remaining halibut. Lower halibut carefully into the hot oil in batches. Fry until golden brown and crisp on the outside
7. 4 to 5 minutes. Transfer to a paper towel-lined plate to drain. Repeat with remaining halibut. Nutrition: The nutrition data for this recipe includes the full amount of the breading ingredients. The actual amount of the breading consumed will vary. We have determined the nutritional value of oil for frying based on a retention value of 10% after cooking. The exact amount will vary depending on cooking time and temperature
8. ingredient density
9. and the specific type of oil used.