



The School of Fish

by Duane Ryks

Recipes from Duane and Sandy Ryks

Clients ask me all the time, "how do you cook your fish?" Here are a few family favorites:

Deep Fried Fish Cakes

2-3 lbs. boneless fillets
1 cup biscuit mix or pancake flour
½ medium onion chopped
¾ cup milk
2 eggs
½-1 tsp. salt depending on preference
dash of pepper
½ tsp. of paprika

Preparation:

Cut fish into ½ inch squares or chunks. Beat eggs, milk, mix and spices. Stir in fish and onions. Add mix or milk until it is the consistency of potato salad. Heat peanut oil in large fry pan or deep fryer to 375°. Drop tablespoons of fish mixture into hot oil. Fry until golden brown.

Cracker Crumb Fried Fish

2-3 lbs. boneless fillets
40 Saltine Crackers
½ teaspoon salt
dash of pepper
1 egg
½ cup milk
½ cup butter

Preparation:

Wash and pat dry fillets. Mix egg and milk. Use blender or food processor to grind saltine crackers into a coarse flour. Put cracker crumbs in a brown paper or plastic bag. Heat ¼ cup of butter in a fry pan over medium heat until bubbling. Dip fish fillets in egg mixture and shake in cracker crumbs until well coated. Fry fish until golden brown, turning once.

Tartar Sauce for Fish

1 Cup mayonnaise or Miracle Whip
2 Tbs. sweet pickle relish
1 Tbs. yellow mustard

Combine all ingredients and chill .