

Pan Fried Brook Trout

Ingredients:

½ cup Corn Meal
½ cup All Purpose Flour
1 teaspoon Lemon Pepper
1 teaspoon Salt
Dash of Cayenne Pepper
2-3 Tablespoons Lard or Oil for frying.

Instructions:

Place dry ingredients in a bowl or dish and mix well.
Rinse fish, inside and out, under cold running water.
Pat the fish dry with a paper towel or clean cloth.
Lightly coat fish on both sides, shake off any excess breading and set aside.
Heat skillet over Medium heat.
Add lard or oil to lightly cover skillet.
When oil is hot, place breaded fish in the pan.
Let cook about 2-3 minutes and then flip over.
Flip fish about every 3 minutes until done.
Remove from skillet and place on folded paper towels to drain off excess grease.
Serve warm and enjoy!