

Easy Crispy Fried U.S. Farm-Raised Yellow Perch

Yellow perch is a delicious freshwater fish that is enjoyed throughout the Midwest. It is so popular that we currently aren't producing enough to serve demand in other markets.

2 pounds farm-raised yellow perch fillets
1 egg
½ cup milk (cold)
1 cup cornmeal
1 cup flour
Season with salt, pepper, Cajun seasoning, etc. (your choice)
½ cup catsup
1 heaping Tbsp. horseradish
Vegetable or peanut oil for frying

Lightly beat the egg and mix it with the milk. Soak the fillets in milk/egg mixture while preparing breading and oil. Pour 1/8 of an inch of oil in electric skillet or 5 inches in a deep fryer and heat to 375 degrees. Place cornmeal, flour, and seasoning mixture in a large zipper-style bag. Add a few fillets, close top, and shake until fillets are evenly covered. Drop coated fillets in hot oil and cook for 3 to 3 1/2 minutes on each side. Drain on a paper towel. Continue cooking more fillets.

Serve hot with a dipping sauce of the catsup and horseradish.

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