



# KERRY'S FISH BITS RECIPE

This is a good fish recipe for kids or adults who aren't so keen on fish or grey coloured fillets (Tailor & Dart) . It improves their flavour. It is also ideal when you have caught different species of fish of all different sizes and want to make a meal out of them.

## Ingredients:

- Fish (Any type and amount)
- Rice Flour (enough to evenly coat fish)
- All Purpose Seasoning 2-3 tablespoons (Spices Aisle of Grocery Store)
- Chopped Fresh Mint or lightly dried (found in fresh herb section of supermarket)
- Chopped Fresh Parsley or lightly dried (see above)
- Lemon 1-2
- Oil or butter (for cooking)

## Equipment:

- Frying Pan with a lid
- Fish filleting knives
- Freezer bag, Zip lock bag or container





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## Method:

1. Fillet and bone your fish. I usually skin the fish as well.
2. Cut your fish into bite sized pieces.
3. Place your fish into a freezer bag. Add rice flour and all-purpose seasoning to evenly coat fish. Usually, 1 tablespoon of All-purpose seasoning per 1 cup of rice flour. Shake bag lightly to evenly coat the fish. Set aside.
4. Squeeze 1 lemon into a coffee mug. Fill with cold water.
5. Heat a frying pan over your stove. Add oil or butter to stop the fish from sticking.
6. Lightly fry your fish until golden brown on both sides. This should only take 60 seconds.
7. Once the fish bits are brown, add a splash of lemon water and place the lid on the fry pan. This will steam the fish. It typically takes 30 seconds to cook.
8. Place cooked fish on a plate and repeat steps 6 and 7 until all your fish is cooked.
9. Once all fish is cooked, add parsley, mint and the rest of your lemon water to the hot fry pan. The pan should have leftover seasoning (flour and all-purpose seasoning) from the fish.
  1. Stir and reduce until you are left with a sauce consistency.
  2. Pour the sauce over your cooked fish and bon appetite.