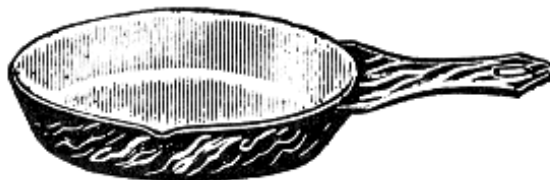


"Fried Kingfish"

Cut kingfish steaks about 1 inch thick and freeze. Then take a sharp knife and cut four rounds from each piece, leaving skin and bones intact. Drop rounds into batter (recipe below) and then into hot deep fat and fry until golden brown. When all have been fried, drop the whole amount back into fat for a few minutes so it can all be served hot at one time.

BATTER:

- 1 cup flour
- 1 tsp. salt
- 1 cup water
- 1 tbsp. olive or salad oil
- 1 egg white, beaten stiff



Sift together dry ingredients. Mix water and oil and add gradually to dry ingredients. Add stiffly beaten egg white.

This batter was originally made for onion rings, but is delicious for any kind of fish.

Sandra Allen
"Fishin' Chip"