

Jamaican Fried Whiting Fish

Cook time: 30 Min **Prep time:** 20 Min **Yield:** 6

Ingredients

3 lb whiting, fresh fillet
1 c organic corn meal
2 Tbsp all-purpose flour
2 tsp black pepper
1/2 tsp cayenne pepper
1 tsp salt
1/2 tsp garlic powder
oil for frying



Directions

1. If possible, buy your whiting fresh from the seafood market and have them fillet the fish. I wash the whiting quickly in vinegar then rinse with cold water and pat dry. Place whiting in a flat container and sprinkle with pepper and a little salt. Set aside in the fridge while you make the breading.
2. In a large mixing bowl, combine the corn meal, flour, black pepper, cayenne pepper, salt, and garlic powder.
3. Heat a large skillet with oil on the stove. Make sure the oil is at high temp but not smoking.
4. Take the whiting fillets and dredge them in the flour, one at a time, and shake off excess.
5. Place the whiting in the skillet. Cook each side until golden brown (about 5 minutes on each side). Fish will "float" when done.

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6. Drain on a paper towel.
 7. You can also throw in some scallops or shrimp following the same directions for the whiting. Enjoy delicious fried whiting!

<https://youtu.be/0NFjCGM0FKQ>