



CRISPY BASA FISH FILLET STICKS

Ingredients

- 10- to 12-ounces basa fillets, cut to your desired "stick" size
- 4 tbsp lemon juice
- 1 tsp salt
- 1 tsp pepper
- 1/2 tsp cayenne pepper powder
- olive oil, for frying
- For the dredge: 3/4 cup cornstarch, 1 tsp pepper

Preparation:

1. Marinate fish in lemon juice, salt, pepper and cayenne pepper powder for 15 minutes.
2. One by one, take fish sticks from the marinade and dredge in cornstarch and pepper mixture. Tap the excess cornstarch off the fish.
3. Fry in medium to high heat with enough oil to cover the surface of the frying pan. Cook for 3-5 minutes each side depending on thickness, until golden brown. If the fish slice is thick, cook on all 4 sides.
4. Serve on its own or with ketchup and/or rice.

Happy cooking!

This is an original recipe from **Gourmeted.com**. If you have questions regarding this recipe, contact us at gourmeted@gmail.com.