



Recipes

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Kettle Chip Crusted Fish Nuggets

Serves 1

Ingredients:

6 oz. vol. All Purpose Flour

3/4 tsp. Dill

1 tsp. Kosher Salt

16 oz. vol. Eggs Wash

18 oz. wt. Kettle Crisp Potato Chips

1 tsp. Kosher Salt

1 1/2 Tbsp. Parsley

1 1/4 lbs. Fresh Cod or Pollack, cut into 1 oz. portions

Directions:

1. You will need three bowls to set up breeding station.

2. Whisk flour dill and kosher salt in first bowl.

3. Place egg wash in second bowl.

4. Place potato chips in food processor and pulse until course crumbs. Place crushed chips in third bowl with salt and parsley.

5. Toss fish into flour mixture and shake off excess flour.

6. Dip into egg wash and then crushed potato chips.

7. Re-dip fish in egg wash and then again in crushed potato chips.

8. Place on parchment lined sheet pan.

9. Fry immediately or wrap in plastic and freeze until ready for use.