



Fish Sticks

serves 4

- 1 pound white fish (such as cod, snapper or tilapia)
- 2 large eggs, whisked
- 1 cup blanched almond flour
- 1 teaspoon sea salt
- 1/2 teaspoon pepper
- 1/4 teaspoon cayenne pepper, optional
- 6 tablespoons olive oil or coconut oil

Rinse fish fillets in cold water and set on a plate

Cut fish into 1 inch by 5 inch pieces, following the lines of the fillets and removing any bones

Place eggs in one dish and flour, salt and pepper (and cayenne if using) in another

Dip fish sticks in egg, then flour; reserve to a plate

To Fry: Heat 3 tablespoons oil in a large skillet over medium-high heat. Place half the the fish sticks in the pan, leaving enough room around them so that they aren't crowded. Cook for a few minutes on each side, until well browned, then remove fish sticks to a plate lined with a paper towel. Add 3 tablespoons olive to pan and fry remaining batch of fish sticks

To Bake: Preheat oven to 450 degrees. Lay out fish sticks on an oiled baking sheet and bake for 10 minutes, turning once, until golden and cooked through.

THE CULINARY PLAYGROUND

16 Manning Street, Derry, NH 03038

www.culinary-playground.com