

FRIED BUTTERFLIED SMELTS

Ingredients

1lb. bag frozen, cleaned smelts
2 eggs beaten with 1/8 cup water
1 cup all-purpose flour
1 cup corn meal
1 tblsp. garlic powder
1 tsp. Cajun Seasoning (optional)
½ tsp. salt
Fresh ground pepper (about ½ tsp.)
Canola or Peanut Oil for frying
1 gallon size storage bag
½ cup fresh chopped parsley (for garnish)
Lemon wedges

Preparation

Place frozen smelts in colander and run under cold water until thawed. With fork or your fingers spread open smelt and remove spine beginning with thicker part and pull out. Beat eggs with water until fluffy. Put flour, corn meal, garlic powder, Cajun seasoning, salt and pepper in storage bag and shake to mix thoroughly. Take cleaned smelts, about a dozen at a time, place in egg wash and then add to storage bag with dry ingredients, shake until covered and remove.

Heat oil in deep skillet until 160-175. Place smelts in skillet, skin side down fry to 2 minutes and turn over. Fry for another minute or 2, remove to platter lined with paper towels. Sprinkle with salt, parsley and squeeze lemon on top. Enjoy!