

# Whitefish

Serves 2

Whitefish has a delicate flavor that is often obscured in restaurants with flavored coatings. This recipe keeps it simple. We get it fresh from Bay Port Vendor at the Ann Arbor Farmer's Market on Saturdays.



## Ingredients:

- 2/3 lb. Whitefish fillet
- 1/2 cup flour
- 1/4 tsp. salt
- 1/4 tsp. ground pepper
- 1/2 tsp. ground dried tarragon
- Optional spices
  - 1/4 tsp. dried parsley
  - 1/4 tsp. garlic powder
  - 1/4 tsp. dried basil
  - 1/4 tsp. dried herbs de Provence
- 1/4 cup milk
- 2 Tbsp. butter
- 1 Tbsp. oil
- Wedge of lemon
- Tartar sauce

## Equipment

- Large fry pan
- 2 flat bowls for dredging

## Whitefish:

<input checked="" type="checkbox"/>	Directions	Time (min)
	Cut fish fillet into two pieces	1
	Mix flour and dry spices in one of the shallow bowls	2
	Pour milk into the other shallow bowl	1
	Heat butter and oil in fry pan over medium high heat until shimmering	2
	Dredge fillet in milk and then in dry ingredients to coat both sides	1
	Place fillet in pan, flesh side down	1
	Dredge and coat the second fillet and add to the pan	1
	Turn heat down to medium and cook	3
	Flip fillets and cook	3
	Serve with wedge of lemon and tartar sauce	1
	Total	16