

Cooking with Cassie & Kids - Antarctica

Fish Sticks

2 pieces of fish (white fish, such as tilapia or cod)

Salt, a pinch

Pepper, a pinch

1 tsp dried oregano

1 tsp sweet paprika

½ cup flour

1 egg

2 Tbs half and half

½ cup breadcrumbs

½ cup parmesan

Preheat oven to 450 degrees

Clean fish and cut into strips. Lay them out on your cutting board or a big piece of parchment paper.

Mix together in a small bowl a pinch of salt, a pinch of pepper, 1 tsp dried oregano, and 1 tsp sweet paprika. Sprinkle this mixture on each of the pieces of fish and rub it in.

Using 3 separate bowls:

Bowl 1: Combine 1 beaten egg with 2 Tbs of half and half

Bowl 2: Combine ½ cup of flour

Bowl 3: Combine ½ cup breadcrumbs with ½ cup of parmesan

Take one fish stick and roll it in the bowl of flour. Next, drop in in the bowl with the egg mixture, being sure to coat both sides well. Finally, roll it around in the breadcrumb mixture, being sure to coat all sides.

Spray a baking sheet with oil and place fish stick on the sheet. Using a pastry brush, dab each fish stick with a bit of oil.

Do the same to all of the fish sticks.

Bake 12 – 15 minutes until golden brown. Serve warm.