

How to Have a Fish Fry



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TECM 2700 - Miller

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Introduction

Who Should Use This Manual?

People who love to eat fish, and have fish fry's on a daily basis often want to know the best way to cook their food, for them and their guest. To assist you on how to do this, I created this manual with a list of steps to ensure the best results. I have won two annual fish fry's and been cooking fish for over fifteen years so I can assure you your fish will taste like a restaurant quality meal.

What is included in the manual?

- Chapter 1: Preparing for the fish fry
In chapter, I will inform you about the basic supplies you will need along with the list of steps to help you have a successful fish fry
- Chapter 2: Frying your fish
In this chapter you will be given the time needed and correct temperature for frying your fish. You will find all the instructions along with images to have a successful fish fry.
- Chapter 3: Serving the food
In this chapter, I will inform you about some of the most efficient ways to serve your guests.

Above I have mentioned the three chapters I will have in my manual to assist you with your fish fry.

Orange font is a warning (some things will be hot)

Chapter 1

Preparing for the Fish Fry



In this chapter, I will inform you with the supplies needed for a successful fish fry.

Preparing for the Fish Fry

Supplies Needed

To begin a fish fry there are a few things you will need before you start to fry your fish.

- What supplies will I need?
- How do I cook my fish?
- Where do I buy these supplies?
- How much oil, of corn meal do I use?

Above are some of the frequently asked questions buy people who are preparing for a fish fry. In this chapter, I will inform you about all of the basic questions and supplies you will need for a successful fish fry.



Figure 1: Above is a picture of a plating example of fish.

Preparing for the Fish Fry

Ingredients needed

What you must buy for a fish fry.

1. Corn meal, or corn mix meal (for battering your fish)
2. Cooking oil
3. Tony's seasoning
4. Baked potatoes (to go along with the fish)
5. A zip lock bag (to put your corn meal in)
6. A scooper to dip your fish out with when ready
7. Dipping sauces (ketchup)
8. Goods for baked potatoes(sour cream, cheese, bacon bits)

Below are images off the list of items above.



Figure 2: The pictures above are the supplies, and ingredients needed for your fish fry.

Your choice of fish

How do I buy the fish, or what kind of fish do I use?

First, you need to make sure you choose the brand of fish you or your guest would like to eat. If you are unsure about the type of fish, in the South Catfish, Crappie, and Bass are all freshwater fish that are best for fish fry's. Either you can make a trip to any freshwater lake to get these fish or you can purchase them in a supermarket like Albertsons, or Wal-Mart.

How Much Fish do, I buy.

If you are unsure how much fish you should buy for your fry count the amount of people you will be cooking for and usually about 3-4 fillets per person will be plenty.

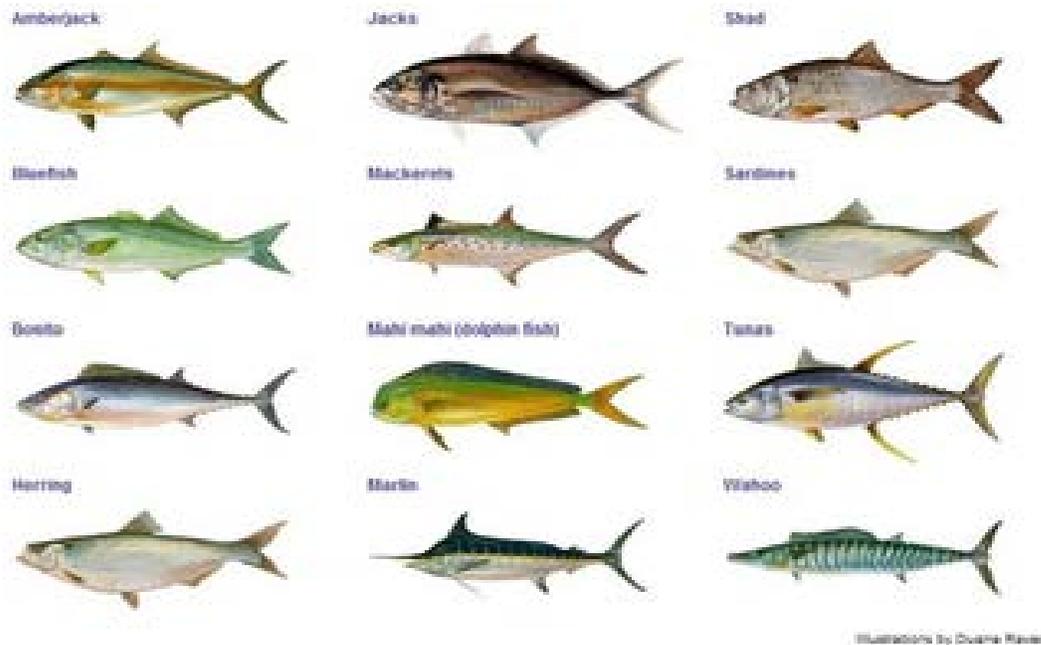


Figure 3: In the photo above are just some of the different types of fish you could use for a fish fry.

Preparing for the Fish Fry

Secondary Food Item (Baked Potato, French Fries)

Is fish all I feed my guests?

To ensure your fish fry has the best possible turnout, you will need to make sure to choose another food item to go along with your fish. French Fries or baked potatoes tend to be one of the more favorable items. You do not have to choose one of the items I listed if you already have one in mind. This is just to make sure your guests are happy and have another dish other than just fish.

If you get baked potatoes you will need to make sure, you put them in the microwave around the same time you begin to cook the fish, leaving them plenty of time to cool down before eating.



Figure 4: The photo above is an image of the secondary item you will need to cook, to serve your guests along with the fish.

Having a fish fry can sometimes be overwhelming, you have many guests at your house and you just want everything to turnout great. This manual is for you the steps to having a great fish fry are easy and self-explanatory. I would like to remind you and inform you about before you start the fish frying process.

- Never get in too big of a hurry, most of the time your guest are having fun chatting with one another and a being in a hurry could cause you or one of your guest to get burned or hurt.
- You should always be careful around the fryer the grease is very hot and so is the outside of the fryer.

Remember this is a time to celebrate and have a great meal, I hope enjoy yourself and the techniques I have supplied for you.



Figure 5: Above is an image of a fish fry banner.

Chapter 2

Frying Your Fish



In this chapter, you will have step-to-step instructions all the way from battering your fish, to taking it out of the fryer.

Frying Your Fish

Getting the fish ready to put into the fryer

During the frying process you want to make sure your grease does not get to hot. To ensure you that this does not happen keep your grease around 350 degrees. Soon as the fish begins to float you want to take it out and put another batch in, this is to keep the fish from being over cooked or to dry.

Starting the process

Figure 6: In the photos below are images of the steps

1. You will need to poor your corn meal in your plastic bag. This is to put the fish into so you can shake it up in the bag to batter it.
2. Begin to season the fish with the Tony's seasoning before you place the fish in the bag.
3. Next, put your baked potatoes in the microwave so they are finished in time for the meal.
4. Poor your oil in the fry daddy about half full
5. Turn your fry daddy on and let it begin to warm up be careful with the fryer. **(Can burn You)**
6. Put your seasoned fish into your zip lock of corn meal and shake well
7. Once your grease begins to bubble up place about 10 pieces of fish into the fryer at a time
8. You will fry the fish until it begins to float. Once it floats take the fish out and place it in a pan with paper towels to let the grease drain.



Frying your Fish

If something goes wrong, or I forgot a step, what do I do?

Below is a frequent list of steps that are often forgot during the cooking process.

- I forgot to put my baked potatoes in the microwave.
- The grease did not get hot enough.
- The fish pieces are too big.
- I did not season the fish before cooking it.

To resolve any of the mistakes you may have made, the first step is just to relax. Everything will still turnout fine, these are minor mistakes

- I forgot to put my baked potatoes in the microwave.

For this incident you should get your plate your fish is sitting on and carefully place it in the over and turn on the (Keep Warm) mode, this will just protect the fish from getting cold while you and your guests are waiting on the potatoes.

- The grease did not get hot enough.

For this step, you will just take the piece of fish you put in first to test it out and let the grease warm up a little more. Test the grease again with the same piece used previously.

- The fish pieces are too big.

For this problem, just cut the fillets in half of fourths depending on how large they are.

- I did not season the fish before cooking it.

This problem tends to occur most often, although it is not a big deal. Simply get your Tony's and sprinkle the seasoning over the fish while it is sitting on the plate after you have removed it from frying.

I hope these tips will help you when you are frying some of the best fish you and your guests have ever eaten. Do not forget if you make a mistake just relax and everything will turn out great.

Once everything is done

When your meal is cooked and your guests are ready to eat, you can begin serving them. If you or your guest want to wait on more guests or just are not ready to eat yet, do not worry there are things you can do to keep your meal warm and ready for when everyone is ready to eat.

If your guests are not ready to eat:

- Simply cover the pan of fish with foil and place it in the oven (to keep the fish warm).
- Keep your baked potatoes in the microwave (this will not hurt them they will be hot when they are finished so this gives them a chance to cool off but will keep them from getting cold).
- During this time, you may begin to get the dipping sauces, plates, silverware, napkins, and anything else you are going to need out and start getting it ready for the serving process.

If you have completed all of this you can visit with your guest, just regularly keep an eye on your food to make sure everything is staying warm.



Figure 7: The figure above shows the food in the oven staying warm until ready to serve.

Chapter 3

Serving the Food



In this chapter, you will learn the basic steps to serving a successful meal to your guests.

Serving the Food

Once your guests decide they are ready to eat and everyone is hungry, you can take the food out of the oven if you had to keep it or begin setting it all out if your guests were already ready.

Plating

When your meal is complete, you can either serve your food on plastic or glass plates depending on how many people you are serving. The best and easiest way to serve your guest is to sit out all of the food in dishes and just tell them to help themselves however, any way you go about this will be fine.

Inside or outside

If you tend to have a large number of guests and never have enough room inside, take the party outside. Guests tend to enjoy being outside more and it gives them more of a fish fry atmosphere. You will need to set up a place for everyone to sit and just have them make their plates inside, or take the food outside for them to just walk up and help themselves.



Figure 8: The photos above are some examples on plating and seating for guests inside or out.

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