Crispy Oven-Fried Cod

Why eat fried fish with all the fat and mess when you can make it so tasty in the oven? This recipe is super easy and much lower in fat than traditional fried fish! Crunchy breading and homemade tartar sauce make this cod a go to dinner for you and your family!

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Yield: 4 servings

Ingredients:

- 1 1/2 pounds fresh cod fillets (or white fish of choice)
- 2 tablespoons olive oil
- Olive oil spray
- 1/2 cup all-purpose flour
- 1/2 teaspoon kosher salt
- 1/8 teaspoon black pepper
- 2 eggs, beaten
- 1 tablespoon milk
- 1 cup panko bread crumbs
- 1/4 cup cornmeal
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon kosher salt
- 1/8 teaspoon black pepper
- Dash of cayenne pepper… optional

Tartar Sauce:

- 1 cup light mayonnaise
- 1/2 teaspoon Dijon mustard
- dash or two of cayenne pepper
- 3 tablespoons favorite pickle relish
- 1/2 teaspoon onion powder (or 2 teaspoons grated onion)
- 1 teaspoon lemon juice

Equipment Needed:

- Dry measuring cups
- Measuring spoons
- Medium cereal or shallow mixing bowl
- Two dinner plates

- Fork or small wire whisk
- Half baking sheet
- Aluminum foil
- Bent edged spatula

Every once in a while, we need a break from super healthy, plain food. We still want to eat healthy though, so what do we do? I love fried fish and chips, but hate all the extra fat and calories that always go along with it. So instead of frying fish in a skillet, I oven-fry it! Same ingredient process, but the fish is sprayed lightly with oil and baked in a hot oven… comes out crispy and golden brown with about a quarter of the fat! Only takes about 30 minutes to prepare…. tastes fabulous too! Grab your supplies and let's oven-fry some fish!

Preheat oven to 450 F.
First step is to set up your dredging assembly line. So, place the eggs and milk in a medium, shallow bowl. I use the serving bowl from my dish set. Long for fish fillets to fit and shallow too. Next place flour, salt and pepper on dinner plate #1 and stir well with fingers or a fork to combine. On dinner plate #2, place bread crumbs, garlic and onion powder, salt and pepper. Sometimes I add a dash of cayenne pepper for a bit of zing too! Mix these together the same as the flour. Set them in a row to create your assembly line… flour, eggs and crumbs.

Prep the baking pan next so it is ready for the breaded fish. First line pan with foil and zig zag a drizzle of about 2 tablespoons olive oil across the pan and follow with a generous spray of olive oil to coat the pan too. This will provide a good base to give your fish a crunchy texture. The foil will help clean up be a snap too! Set at the prepared pan at the end of the dredging assembly line.

To dredge your fish, start by rolling fish in flour and shaking to remove excess. Then dip both sides in egg and roll in bread crumbs. Do this with all the fish fillets and arrange on baking sheet. Spray the tops of the breaded fillets lightly with olive oil spray.

Place breaded fish fillets on center rack of a preheated 450 F oven. Bake for 8 – 10 minutes. Carefully remove pan from oven and using a bent-edged spatula, flip fillets over… being careful not to disturb golden-brown coating. Return pan to oven and bake for another 5 – 8 minutes or until the flesh of the fish flakes when pulled with a fork.

While fish is baking, you can mix up a quick batch of tartar sauce. I love a sauce with a bit of kick to it rather than just creamy fat in a bowl. Combine the light mayonnaise, mustard, cayenne pepper, lemon juice and onion powder in a small bowl. Add your favorite relish, mine being homemade zucchini relish. Stir well and taste to adjust the seasonings to your liking. Allow sauce to set for a few minutes in the refrigerator prior to serving for flavors to meld.

Doesn't it look tasty… just like fried fish? So much better for you too, without all that added fat. My hubby is not a fish fan… so I entice him with baked fries or tater tots! Add a fresh veggie and this easy dinner is served… Enjoy!