Simple Crispy Fish Sticks



Skip the frozen section this evening and make your own delicious Fish Sticks right at home. Crispy on the outside and warm and steamy on the inside, this recipe is made simple in your NESCO Deep Fryer. Feed the whole family in just minutes. We recommend serving with tartar sauce, creamy herb sauce, or classic ketchup.

Your Key Ingredient:

NESCO Deep Fryer

Grocery Ingredients:

1 lb fish fillets, skinless-fresh or frozen, thawed

1/2 cup all-purpose flour
1 tsp salt
1/4 tsp pepper
2 eggs, lightly beaten
1 cup bread crumbs, dry-fine

Instructions:

1. Remove basket and preheat oil to 300 degrees Fahrenheit in **NESCO® Deep Fryer**. Cut fish into 1-inch strips.
2. Combine flour, salt, and pepper. Dip strips in flour mixture, then into eggs. Coat with bread crumbs.
3. Lower basket into oil. Use a heat-resistant, metal spoon to place fish in oil. Cook 3 to 5 minutes at 375 degrees Fahrenheit. Serves 4.