



Tonight, gather your family for a Flash Flood Fish Fry & prepare more than just dinner.

Preparing for Floods:

- Make your plan for a flood tonight & digitize important family documents.
- Avoid walking or driving through flood waters.

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Flash Flood Fish Fry

Ingredients (serves 4):

Fish

- ¾ pound White fish, cut into bite sized chunks
- ¾ pound White fish, sliced into ½in strips
- 2 cups Low-fat buttermilk
- 2 tsp Chesapeake Bay seasoning
- 1 tbs Hot sauce
- 2 cups Yellow cornmeal
- 2 cups All-purpose flour
- Salt and pepper as needed
- Vegetable Oil for frying
- Lemon wedges (optional)

Potato Wedges

- 3 Large baking potatoes, sliced into ½in thick wedges
- ¼ cup Olive oil
- 2 tsp Cayenne pepper
- ¼ cup Finely grated parmesan cheese
- Salt and pepper as needed

Sweet Chili Sauce

- 2 cups Sour cream
- 1 cup Sweet chili sauce

Steps:

1. Heat vegetable oil in a deep pot for frying to 350 degrees. Meanwhile heat the oven to 400 degrees for the potato wedges.
2. Prepare the potatoes – in a bowl toss wedges, olive oil, cayenne, and parmesan together. Season with salt and pepper. Place wedges on a baking sheet and roast until tender and golden about 20-25 minutes, flipping once.
3. Prepare the fish – in a shallow baking dish, cover both cod and catfish with buttermilk. Season with salt, pepper, Chesapeake Bay seasoning, and hot sauce. Allow to marinate while preparing the rest of the dredging. In another shallow baking dish whisk together remaining Chesapeake Bay seasoning, flour, and cornmeal, season with salt and pepper. Remove fish from buttermilk, working with one to two pieces at a time, making sure each piece is coated and allowing excess liquid to drip off. Place in flour/cornmeal mixture, tossing to coat. Set coated fish pieces aside on a baking sheet lined with a rack. Allow to rest in the refrigerator so dredging adheres to fish.
4. Prepare sweet chili sauce by combining sour cream and sweet chili in a small bowl, set aside.
5. Fry Time! Working in batches, carefully add fish to the hot oil, frying until golden brown about 3-4 minutes. Remove fried fish from the oil, season with salt and allow excess oil to drain. For extra crispy fries, finish baked fries in hot oil by flash frying for 2-3 minutes.
6. To Serve: toss fries together with fried fish and serve in a paper cone or fry basket with sweet chili sour cream sauce and lemon wedges if desired.