

*From the kitchen of David and Jennifer Deaven*

\$Id: fish\_sticks,v 1.1 2005/03/02 01:10:06 deaven Exp \$

## Fish/Fish Sticks

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- A: 1# white fish  
B: 1 egg + 1 egg white  
1/2C milk  
C: 2C bread crumbs  
1/4C parmesan cheese  
1t salt  
grated lemon rind and pepper to taste  
D: tartar sauce & horseradish ketchup

1. Thaw (A) if necessary, leaving slightly frozen. Chop into finger sized pieces.
2. Whisk (B) together in one bowl and mix (C) together in another bowl.
3. Coat a baking sheet with canola oil. Place (A) into (B), fully wetting, then roll in (C) until covered. place on baking sheet.
4. Bake 400F for 15 minutes. Serve with (D).



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