

## Betty's Deep-Fried Tilapia Fish Bites



Uploaded on 7 Oct 2010

In this video, Betty demonstrates how to make Deep-Fried Tilapia Fish Bites. These are tasty fish bites that are seasoned and dipped into panko bread crumbs before frying. Great for children!

NOTE: If you do not feel comfortable with frying in hot oil, please do not use this recipe.

### Ingredients:

1 pound tilapia fish fillets (I used frozen fillets, which I thawed in the refrigerator and cut into bite-sized squares while still slightly frozen. You may use a different type of fish, if you prefer.)

1 cup milk

1 cup panko bread crumbs

½ tablespoon seasoned salt

1 teaspoon black pepper

¼ teaspoon onion salt

¼ teaspoon garlic powder

½ teaspoon salt

peanut oil for deep-frying

Place the tilapia squares in a single layer in a shallow dish. Pour milk over squares. Cover with plastic wrap and chill 1 hour. (If the milk doesn't cover the fish completely, rearrange fish every 15 minutes, or so. Combine panko bread crumbs, ½ tablespoon seasoned salt, 1 teaspoon black pepper, ¼ teaspoon onion salt, and ¼ teaspoon garlic powder in another shallow dish. Let fish squares stand at room temperature 10 minutes. Remove from milk, and discard milk, allowing excess to drip off. Discard milk. Sprinkle fish squares with ½ teaspoon salt. Dredge fish squares in panko bread crumb mixture, shaking off excess. Pour peanut oil to depth of 1 inch in a medium-sized pot. Heat to 350 degrees. Fry fish squares, in batches, a very short amount of time, just until golden brown. Drain on wire rack over paper toweling. Serve immediately, while hot! I served mine along with Tart and Tangy Tartar Sauce, Surfin' Seafood Sauce, Sweet Potato Fries, Cabbage-Carrot Salad with Dressing, a refreshing lime-flavored drink, and Lemon Pound Cake with Blueberry Sauce, all of which you can find in bettyskitchen. I hope you enjoy this meal! --Betty ♥♥♥♥♥