

Crispy Fried Fish

A shout out to you fish-on-Friday-lovers. This is Keto fish! And it's way tastier than anything you will find at a place that serves it covered in carbs. Recipe is simple:

A nice flaky white fish (we love cod)

A couple of eggs, beaten

Pork rinds

Salt & Pepper & whatever spices you like



Pat your fish pieces nice and dry. Have two shallow bowls or pie plates, one for the egg wash, one for the pork rinds coating.

Beat the eggs. Put your S&P and any other spices you like in the egg wash.

Grind your pork rinds in a food processor until very fine, like a meal.

Dip fish in egg wash on both sides, let the excess drip off. Then roll in the pork rinds, get nice and coated, then press it into the fish as much as possible. Repeat egg wash and pork rind dip.

Drop into your skillet of Keto frying oil--ok, I use old-fashioned lard because it's healthier than the "vegetable oils" in spite of what we've been brainwashed to believe. But whatever you use, it needs to be heated pretty hot before you drop the fish in. It won't take long for this to get nice and crispy on both sides. The crunch stays crunchy, and the middle stays moist and juicy!