

Queen Angel-Fish Sticks

From Children's Quick & Easy Cookbook by Angela Wilkes

The Queen Angelfish is found in the warm waters of the Atlantic from Bermuda to Brazil and Panama to the Windward Islands. This fish gets its royal name from the speckled blue-ringed black ring on the back of the head which is shaped like a crown. These elegant fish sticks are fit for a young king (or queen!).

Prep time: 25 minutes

Ingredients:

- Small bunch of parsley
- 2 slices stale bread
- 1 lemon
- salt and pepper
- 2 eggs
- 1 lb (450 g) skinned and boned white fish fillets
- 1 tbsp. vegetable oil
- pat of butter

Directions:

1. Chop the parsley. Grate the bread. Peel or grate the zest from the lemon, then mix the 3 ingredients in a bowl and season.
2. Beat the eggs. Put the eggs and the bread crumbs into two separate shallow bowls. Cut the fish into stick shapes.
3. Dip the pieces of fish in the beaten egg and then in the bread crumbs. Make sure each fish stick is coated evenly.
4. Heat the oil and butter in a frying pan. Fry the fish sticks for about 4 minutes on each side until crisp and golden.

Serves: 4