



Seafood Doctor

Doc's Choice® Pan Fried Belt Fish

Prep Time: 15 Minutes

Cook Time: 10 Minutes

Serves: 4

Total Time: 25 Minutes

INGREDIENTS

Belt Fish/Ribbon Fish

Salt

Vegetable Oil

DIRECTIONS

Cut Belt Fish/Ribbon Fish into 2 in long strips (size of the pan you will use to fry fish in).

Sprinkle salt on the strips for 10 minutes. *This is best if left overnight in the refrigerator to marinate. After 10 minutes, wash the strips and pat dry with a paper towel.

Heat up stove to medium heat and add vegetable oil to pan. Wait until pan is hot to add the strips into the pan.

Once fish is placed into the pan, cover it and cook each side for 4-5 minutes or until golden brown.

Once done cooking, wait a couple of minutes for it to cool before eating.