

Fish with Jalapeno Jelly



This is a simple recipe for fish...I like to use white fish, so in this recipe I used basa fish which belongs to the catfish family. The fish is coated with a layer of cornmeal and pan fried, so the crust is crunchy and together with slightly spicy jalapeno jelly with the moist fish it is so yummie!

Ingredients:

- 1 filet of any white fish
- 1~ 2 tablespoon jalapeno jelly of any jelly of your preference
- 1/3 cup cornmeal
- ½ tablespoon dry parsley
- Salt and pepper to taste
- 1 tablespoon olive oil
- ½ tablespoon butter



Method:

Dry pat the fish and coat with the jelly.

In a dish mix the cornmeal with the dry parsley, salt and pepper to taste.

Coat the fish both side and set aside.

In a fry pan, heat the olive oil with the butter.

Pan fry the fish until both side are slightly brown.

Serve warm.

