

# Sue's Caribbean Spiced Fish

## *4 Servings*

1/8 cup corn meal

1/2 cup flour

1/2 tablespoon baking powder

1 teaspoon salt

1/2 tablespoon sugar

1 tablespoon Nature's  
Wonderland Caribbean Spice  
Rub

4 medium size fish fillets  
(pollock, talapia, flounder)

Cooking oil

**Mix dry ingredients together, then add 1/2 cup milk to make a thick batter.**

**In a skillet, heat oil; coat each piece fillet in batter. Fry and flip until golden brown.**



Get spices at [www.pennherb.com/Spices](http://www.pennherb.com/Spices)