



1 ½ cups all-purpose flour

1 tbsp dry mustard

Salt and pepper to taste

2 cups buttermilk

2 eggs

1 lb cod or grouper cut into strips (about 24)

3 cups panko bread crumbs

½ cup coconut oil or canola oil, divided

1. In a large bowl mix flour, mustard, salt and pepper. Add buttermilk and eggs and mix together.
2. Put panko crumbs on a large plate. Coat fish with egg mixture, then panko crumbs.
3. Preheat oven to 300°. Lightly coat a piece of parchment paper with oil and place on baking sheet. Put backing sheet inside oven to warm.
4. Heat coconut oil in a skillet on medium to medium-high heat. Add fish in batches, cooking 2-4 minutes per side. Add more oil as needed. Place finished batches on warmed pan in oven to keep warm and crispy.

