

TIMO's METHOD OF COOKING FISH

The Signature Coating

- 1 box (10 oz) Kentucky Kernel Seasoned Flour
- 1 bottle Publix Parmesan Bread Dip Seasoning (found in the Bakery section)
- ¼ cup Cornstarch

Prep the Bag: Combine all ingredients in a gallon Ziploc bag. Shake well to mix.

Tip: Label your bags by fish type (e.g., "Grouper," "Salmon") with a permanent marker and store them in the freezer to reuse for your next fish fry!

Breading the Fish

1. Coat: Place one filet at a time into the bag. Shake until fully covered.
2. Prep: Remove the filet, shake off the excess coating, and set on a plate.
3. Rest: Let the breaded fish sit for a few minutes while you prep the grill or skillet.

Cooking

Oil Choice: Use only high-smoke point oils like Avocado or Grapeseed. Avoid Canola.

Chef's Rule: Pour yourself a glass of Pinot Noir or Cabernet Sauvignon before you begin.

1. Heat the Surface: Place your grill plate or skillet on the grill and heat to 400°F.
2. Add Oil: Once hot, add about 1/8" of oil. Close the lid and drop the grill temp to 325°F–350°F.
3. Sear: Add the filets. Close the lid and cook for about 5 minutes (less for thin filets).
4. Flip: Once lightly browned, flip the fish. Ensure the grill is set to 325°F.
5. Finish: Cook for another 3–4 minutes. For thick filets, check for doneness—the fish should be lightly browned and just starting to flake.
6. Drain: Transfer to a paper towel-lined plate to absorb excess oil, then serve immediately.

Three Golden Rules

- Don't Walk Away: Fish cooks fast! Stay at the grill to prevent overcooking.
- Check the Bakery: If you don't see the Parmesan seasoning by the fresh bread at Publix, ask an associate; they usually have more in the back.
- Dry Heat First: Always heat your pan before adding the oil to ensure a perfect sear.