



Crispy oven-fried fish nuggets

A quick and easy way to prepare your catch

While deep frying fish is one of the most popular ways to prepare it, the process itself can be messy. By using your oven or air fryer, you can get similarly tasty results without the grease splatters and lingering aromas of traditional frying methods.



MAKES 4 SERVINGS

- **1 pound** cleaned fish fillets, cut into 1 ½" wide nuggets or strips
- **2 tablespoons** Cajun seasoning (mixed use)
- **1 ½ cups** buttermilk
- Non-stick canola (or other neutral flavor) cooking spray
- **1 cup** yellow cornmeal
- **½ cup** all-purpose flour
- **1 teaspoon** kosher salt (plus additional kosher or flaky sea salt to finish)
- **½ teaspoon** garlic powder
- **½ teaspoon** onion powder

STEP 1 • In a large non-reactive bowl, dust fish pieces with 1 tablespoon Cajun seasoning and toss to coat them evenly in the spices. Pour buttermilk over the fish and stir to make sure all fish surfaces are covered. Cover the bowl with plastic wrap and refrigerate at least 30 minutes (or up to 8 hours).

STEP 2 • Preheat the oven to 425 degrees. Add a sheet of parchment paper to a rimmed baking sheet and lightly spray the parchment with non-stick cooking spray.

STEP 3 • In a large bowl or plastic zip-top bag, combine the cornmeal, flour, remaining 1 tablespoon Cajun seasoning, salt, and garlic and onion powders. Toss to combine ingredients of this breading mixture.

STEP 4 • Drain and discard most of the buttermilk from the fish, leaving the pieces lightly coated in buttermilk. (Transferring the fish to a cooling rack placed over a rimmed baking sheet works great for this step.)

STEP 5 • A few pieces at a time, toss the buttermilk-coated fish in the breading mixture and make sure all sides are covered evenly in breading. Place the fish on the parchment-lined baking sheet, making sure that there is space between the fish pieces. Repeat with remaining fish nuggets. Lightly spray the tops of the breaded nuggets with cooking spray (this will help with browning and crisping).

STEP 6 • Bake the fish nuggets in the oven until golden brown and cooked through, about 20-25 minutes. The fish is done when it flakes with a fork but is still juicy. While hot, sprinkle with some flaky sea salt or kosher salt. Serve immediately, accompanied by tartar or remoulade sauce for dipping.

RECIPE TIP • Try using an air fryer! Fish nuggets also turn out great using an air fryer! Following the manufacturer's directions, air fry coated fish nuggets at 400 degrees for 10 minutes. Flip the nuggets and continue air frying until golden brown (about another 10-12 minutes).

