

Cornmeal and Flax-Crusted Cod or Snapper  
By Martha Rose Shulman  
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Yield: Serves four  
Time: 5 minutes

## INGREDIENTS

1 ½ pounds snapper or cod fillets  
Salt  
freshly ground pepper  
¼ cup fine cornmeal (if you have only polenta or coarse cornmeal, you can grind it to a fine powder in a spice mill)  
¼ cup flaxseeds, untoasted or toasted, coarsely ground  
¼ cup all-purpose flour or rice flour  
2 eggs, beaten  
½ teaspoon freshly ground pepper  
2 to 4 tablespoons canola oil  
Lemon wedges for serving

## PREPARATION

1. Heat a large, heavy cast-iron skillet over medium-high heat (unless you're planning to cook the fish later).
2. Pat the fish fillets dry, and season with salt and pepper. In a wide bowl, mix together the cornmeal, flaxseeds, and salt and pepper to taste.
3. Place the flour on a plate or in a baking dish. Beat the eggs in a wide bowl. Dredge the fillets first in the flour -- tap them to remove excess flour - then in the egg, then in the cornmeal-flax mixture. If not cooking right away, place the fish on a baking sheet, uncovered, in the refrigerator.
4. Add 2 tablespoons canola oil to the hot pan. When it is rippling, carefully add as many fillets as will fit your pan. Cook four to five minutes on each side (depending on the thickness of the fillets) or until nicely browned. Remove from the pan, and keep warm in a low oven while you repeat with the remaining fish and oil, as necessary. Serve hot, with lemon wedges.