

## PAN FRIED SKATE

Recipe by Kosta the Fishmonger © worldwide 2010



2/3 – 1 lb. Skate wing strips  
1/2 cup Flour  
1 Tbsp. Parsley finely diced  
2 -4 Lemon wedges  
Cooking oil 1/4 inch deep in pan  
Sea salt and pepper to taste

- 1) Cut the skate in 1 inch strips and season with sea salt and pepper.
- 2) Heat the oil in a 9 inch frying pan to 375 F.
- 3) Then coat the skate with flour and fry at 350 F for 6-8 minutes on each side or till golden brown on both sides.
- 4) Sever with a garlic mash or fries. Garnish with parsley and a lemon wedge.