

Fried Skate Wings

Serves ~2 people/lb

Ingredients:

- ~1 C flour per 1lb Skate
- 2-3 TBSP light oil
- Other seasonings (Your Choice- try paprika & oregano, Old Bay & parsley, or get creative!)



Directions:

Season the flour with salt and pepper and your choice of seasonings.

Get a pan hot and add the oil.

Dredge the skate in the seasoned flour (make sure to coat thoroughly).

Put the skate into the hot oil and fry about 2-3 minutes each side. (TIP: a fish spatula helps with the flipping process, but any spatula will work better than tongs.)

When the skate is golden brown, remove from the pan, salt lightly, and serve with your choice of dipping sauces.