

## COASTAL ISLAND FISHING ADVENTURES

*... Your Adventure Starts Here!*

Our commitment since day one is to provide you with an exciting and enjoyable, yet a memorable and relaxing experience.



*Campbell River's most recommended  
choice in Guided Sport Fishing!*

### Breaded Lingcod

A family favourite – super easy to make!

- Stone wheat thins – about 4 or 5
- 3 TBSP flour
- Salt and Pepper
- 2 eggs
- Vegetable oil

In a large Ziploc bag, crush stone wheat thins until they are tiny pieces (a rolling pin works well without puncturing the bag), add flour and a liberal amount of salt and pepper.

Cut up cod into 3 x 3 inch by  $\frac{3}{4}$  inch thick pieces. Dip cod pieces one at a time into beaten eggs and put into bag and gently shake until covered in mix. Place breaded cod into pre heated pan of vegetable oil about  $\frac{1}{4}$  inch deep. Cook until golden brown and cod flakes apart easily. Serve with tartar sauce.

**Coastal Island Fishing Adventures**

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