



Southern Fried Mackerel Patties



4 Servings



35 minutes

Ingredients :

- Fresh or canned mackerel
- Finely chopped bell peppers
- Finely chopped onion
- Egg
- Cornmeal
- Cajun seasoning
- Hot sauce
- Salt
- Black pepper
- Oil for frying



Instructions :

1. Place the mackerel in a bowl and gently break it into small pieces .
2. Add bell peppers , onion , egg , Cajun seasoning , hot sauce , salt , and black pepper . Mix well until combined .
3. Shape the mixture into small , even patties .
4. Coat each patty lightly in cornmeal , pressing gently so it sticks .
5. Heat oil in a cast-iron skillet over medium heat .
6. Fry the patties for 3 to 4 minutes on each side until deeply golden and crispy .
7. Remove and place on a plate lined with paper towels .
8. Let rest for a few minutes before serving with collard greens and cornbread .