

## **Seasoned Flour for Fish Or Chicken Or Pork Chops**

### **Ingredients**

2 cups of flour  
2 tsps seasoned salt  
1/8 tsp cayenne pepper  
1egg white  
2 tbsps water

### **Directions**

1. Mix egg white and water mixture in medium flat bowl, set aside
2. Place all ingredients in a gallon plastic bag, except egg mixture
3. Shake well to mix
4. Followed by adding fish or chicken or pork chops to seasoned flour for
5. Coat well and then remove from bag
6. Cover fish or chicken or pork chops with egg white and water mixture
7. Add fish or chicken or pork chops to seasoned flour again for crusty topping
8. Cook as usual.

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