



MULLET MANDI

INGREDIENTS:

Boneless, skinless mullet fillets (enough so that each person has 2 fillets per serving)

Sugar (Sweet N' Low or Equal)

Sour cream (can substitute plain yogurt)

Butter or margarine

PREPARATION:

Put butter or margarine in skillet and put heat on medium high. Put mullet fillets in a skillet and put heat on medium high. Put mullet fillets in skillet and cook approximately one minute per 1/2-inch fillets. Thicker the fillet, longer the cooking. Leave the fillets in skillet and generously scoop sour cream or yogurt over filets and sprinkle sugar over top of sour cream or yogurt.

Enjoy!

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