

**Whiting** is a tasty and very tender fish that cooks quickly. Whiting is easy to overcook. Cook just until it flakes. Thaw whiting filets in the refrigerator overnight.



OREGON STATE UNIVERSITY  
EXTENSION SERVICE

\*Bake whiting in a covered casserole dish with a little oil, diced tomatoes, and seasoning (try basil and garlic, or cumin and chili powder) until tender.

\*Coat whiting in seasoned breadcrumbs, cornmeal or flour, and pan-fry quickly in a little oil. Use a non-stick pan.

\*Place whiting filets in buttered, uncovered casserole dish. Sprinkle with a mixture of breadcrumbs, grated cheese and oregano. Bake until tender.

\*Refrigerate leftovers within 2-3 hours.

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