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A Deep Fish Fryer and California Rock Cod Combine to Make a Delicious Meal by [Elenore Soto](#)

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One of my favorite fishing trips is to the north coast of California for rock fish, and one of my favorite ways to prepare it is with a deep fish fryer. The trick is you have to catch it before you can eat it, and that's why I like fishing for rock cod. If you can get your boat in the water, and you know where the reef is, you are going to catch fish. It's just that simple. And a fresh catch along with a deep fish fryer, combine to make a delicious meal.

Of course, the main reason we fish is to put food on the table. After spending a day on the water, and putting forth the effort to clean and prep your catch, a tasty meal of deep fried rock cod is a satisfying reward.

When choosing your deep fryer, the first choice you need to make is, electric or gas. If you're like me and do a lot of outdoor cooking where there is no electricity available, your only option is a propane burner. The only choice for me is the Bayou Classic fish cookers. They are well designed, portable propane burners, and easy to use.

To prep your rock fish for the deep fryer you need to fillet them. You will need to cut out the rib cage and check for any other bones you may have missed. Then slice your fillets into 2" strips. Keeping your slices of fish about the same size, helps ensure that all are thoroughly cooked.

Next, you need to coat your fish. You can use a batter or coat it with egg and breadcrumbs. I usually use a beer batter, but, it comes down to personal taste. Just make sure you coat it with something. This helps keep the oil out and the moisture in.

Make sure you use a vegetable oil with a high smoking point. I prefer peanut oil, but canola oil or soybean oil will work also. Next, you will have to pre-heat your oil to 350-375 degrees F. You don't want it to dip below 350 degrees or so, or the oil will soak into the fish making it taste greasy.

When cooked at the correct temperature, the batter will be a crispy golden brown and the fish will be moist and delicious. So, make sure you have a quality thermometer with your deep fish fryer. If you don't have one, you can drop a small piece of bread in the hot oil, if it cooks to a golden brown within 45-60 seconds, the oil temperature is fine. Don't overload your fryer, as this will lower the oil temperature. Only fry 3 to 6 slices of fish at a time, depending on the size of your fryer.

With that done, it's time to chow down, and there are a variety of tasty ways to consume your deep fried rock cod. It tastes fantastic all by itself, or pour on your favorite sauce. One of my all time favorites is fish tacos. Whether you use a crispy shell or a soft shell, deep fried rock cod fits very well in either, and makes for a delicious meal.

So, if you like catching fish, try fishing for rock cod off the California coast. Just remember, you have to know where the reefs are, so be sure and get some local knowledge. Oh yea, and don't forget your deep fish fryer.

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Tom Schreiner is the owner of a www.theoutdoorcookstore.com, your one stop shop for all your outdoor cooking needs. Here you will find a [Bayou fish cookers](#), as well as bbq smokers and grills, outdoor gas cookers, and a full line of outdoor cookware.

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