



MIES PRODUCTS INC.

OUR FAVORITE RECIPES





INGREDIENTS

- ½ Lb. Cod Filets, Cut into 1 Inch Pieces
 - 2 Cups **MIES ORIGINAL BREADING**
(Or Your Mies Breading of Choice)
 - 1 Bottle Dark Beer
(Or Your Beer of Choice)
 - Oil for Frying
Recommend a Canola-Vegetable Blend or Canola Oil
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DIRECTIONS

Place cod pieces into a bowl with beer to marinate. Cover tightly and marinate for at least 1 hour and up to 8 hours in the refrigerator.

Once meat is done marinating, preheat oil to 350°.

While the oil is preheating, fill a bowl with the **MIES BREADING**. Remove the cod from the marinade and dredge the cod through the breading, until well coated. Once fully coated, let the cod sit for 1 minute (the breading will become tacky).

Fry the cod in oil for 3-4 minutes and breading is a golden brown – cod pieces will begin to float once fully cooked.

Remove the cod from the oil and place on a paper towel-lined plate. Serve & Enjoy!!

BEER COD BITES



MEATLOAF INGREDIENTS

- 1 Lb. Ground Beef
- ½ Lb. Ground Pork
- 1 Egg
- ¼ Cup Milk
- ¼ Cup Onion, Diced
- 1 Celery Stalk, Diced
- ½ Tsp. Salt
- ¼ Tsp. Black Pepper
- 1 Tbsp. Italian Parsley, Minced
- ½ Cup **MIES ORIGINAL BREADING**
*(Or Your **MIES BREADING** of Choice)*
- ¼ Cup Plain Bread Crumbs

TOPPING INGREDIENTS

- ½ Cup Ketchup
- 1 Tsp. Dry Mustard
- 3 Tbsp. Honey
- Dash of Worcestershire Sauce
- Dash of Hot Pepper Sauce

DIRECTIONS

Preheat oven to 350°. In a large bowl, combine and mix all the meatloaf ingredients: ground beef, ground pork, egg, milk, onion, celery, salt, black pepper, Italian parsley, **MIES BREADING**, and bread crumbs. Put meatloaf in a greased loaf pan. Bake for 45 minutes.

While meatloaf is baking, combine all topping ingredients. Pour topping over the meatloaf after it has baked for 45 minutes. Once topping is added, bake for another 10 minutes, internal temperature of 160°. Enjoy!!

MEATLOAF



INGREDIENTS

- 1 Large Onion
 - 2 Cups **MIES ORIGINAL BREADING**
(Or Your **MIES BREADING** of Choice)
 - Oil for Deep Frying
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DIRECTIONS

Slice onion very thin. Place in a baking dish and cover with water. Heat oil to 375°. Put **MIES BREADING** in a separate bowl. Put a handful of onions in **MIES BREADING** bowl. Toss onions in breading until coated. Tap off any excess breading and let sit for 1-2 minutes. Deep fry onions in hot oil. Remove as soon as golden brown, approximately 2-3 minutes. **Enjoy!!**

Cooking Tip ~

*Try **MIES CRISPY BREADING** for that extra crunch.*

CRISPY ONION STRINGS



INGREDIENTS

- 2 Tbsp. Olive Oil
- ½ Cup **MIE'S ORIGINAL BREADING**
*(Or Your **MIES BREADING** of Choice)*
- ¼ Cup Onion, Finely Diced
- 1 Celery Stalk, Diced
- ¼ Cup Italian Parsley, Finely Chopped
- ¼ Tsp. Worcestershire Sauce
- 1 Tsp. "Bay" Seasoning
- **MIE'S ORIGINAL BREADING**, For Coating
*(Or Your **MIES BREADING** of Choice)*
- 2 Tbsp. Butter
- ¼ Tsp. Hot Sauce
- ¼ Tsp. Salt
- ¼ Tsp. Black Pepper
- ½ Lb. Cooked Salmon
- ½ Cup Mayonnaise
- 2 Tsp. Dijon Mustard
- 2 Large Eggs, Lightly Beaten

DIRECTIONS

Place butter, oil, onion, celery, parsley, hot sauce, Worcestershire sauce, bay seasoning, salt and pepper in a large sauce pan. Cook over medium-low heat until vegetables are soft, approximately 15 to 20 minutes. Then, cool to room temperature.

In a large bowl, flake the salmon. Add ½ cup **MIES BREADING**, mayonnaise, mustard, and eggs and toss lightly. Add the cooked mixture into the large bowl and mix well. Cover and chill in the refrigerator for 30 minutes.

Shape into salmon cakes, 2 ½ to 3 ounces each. Coat the patties with remaining **MIES BREADING**. Drizzle olive oil in a large sauce pan and bring to medium heat. Add the salmon cakes and fry for 3 to 4 minutes on each side, until browned. Place cooked salmon cakes on paper towel. Serve hot. **Enjoy!!**

SALMON CAKES



INGREDIENTS

- 1 Lb. Ground Beef
 - 2 Tbsp. Worcestershire Sauce
 - ½ Cup **MIES ORIGINAL BREADING**
(Or Your **MIES BREADING** of Choice)
 - ¼ Cup BBQ Sauce
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DIRECTIONS

In a large bowl, combine and mix the following ingredients: ground beef, Worcestershire sauce, **MIES BREADING**, and BBQ sauce.

Shape into 8 equal sized patties. Season with salt and pepper to taste.

Grill at medium-high heat for 6-7 minutes per side. **Enjoy!!**

Cooking Tip ~

Substitue ground beef with ground turkey for a different flavor twist.

Cooking Tip ~

*Use **MIES EXTRA SPICY BREADING** to spice it up.*

HAMBURGER SLIDERS



FISH INGREDIENTS

- ½ Lb. Cod, ½ Inch Strips
- 1 Cup **MIE'S ORIGINAL BREADING**
*(Or Your **MIE'S BREADING** of Choice)*
- Water

PICO DE GALLO

INGREDIENTS

- 1 Large Tomato, Diced
- 2 Garlic Cloves
- ¼ Cup Fresh Cilantro
- ½ Lime, Juiced
- ¼ Cup Red Onion, Diced

CHIPOTLE SOUR CREAM

INGREDIENTS

- ½ Cup Sour Cream
- 1 Tsp. Chipotle Powder
- 1 Tbsp. Fresh Lime Juice
- 1 Garlic Clove, Minced

TACO INGREDIENTS

- Soft Flour Tortillas
- Shredded Red Cabbage

DIRECTIONS FOR FISH

Take the strips of cod and dip into a bowl of water. Take moistened cod and tumble in **MIE'S BREADING** in a shallow bowl. Deep fry until golden brown (internal temp 145°-150°). Place on paper towel and set aside.

DIRECTIONS FOR CHIPOTLE SOUR CREAM

Combine all ingredients in a small bowl and set aside.

DIRECTIONS FOR PICO DE GALLO

Combine all ingredients in a small bowl and set aside.

DIRECTIONS FOR TACO

On each tortilla shell spread chipotle sour cream. Top with 2 pieces of cod, Pico de Gallo, and red cabbage. **Enjoy!!**

FISH TACOS



INGREDIENTS

- ½ Cup Fresh Cilantro, Chopped
 - 1 Fresh Lime, Juiced
 - 1 Bottle Beer
 - ½ Tbsp. Ground Cumin
 - 1 Tbsp. Ground Black Pepper
 - 1 Lb. Shrimp, Peeled and Deveined
 - 1 Cup **MIES CRISPY BREADING**
(Or Your **MIES BREADING** of Choice)
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DIRECTIONS

In a medium bowl, combine and mix cilantro, lime juice, beer, black pepper, and cumin. Add shrimp into bowl. Make sure shrimp is covered in marinade mixture. Place in refrigerator up to 2 hours before cooking.

Drain shrimp from marinade. Put **MIES BREADING** in a bowl. Toss shrimp in breading until coated. Deep fry for 1-2 minutes to cook. Enjoy!!

Serving Suggestion ~

Place shrimp atop a salad or atop a bowl of noodles tossed with a creamy white sauce.

FRIED KEY LIME SHRIMP



MEATBALLS INGREDIENTS

- 1 Lb. Lean Ground Beef
- ¼ Cup **MIES ORIGINAL BREADING**
(Or Your MIES BREADING of Choice)
- 1 Tsp. Kosher Salt
- ¼ Tsp. Garlic Powder
- ¼ Tsp. Ground Black Pepper
- 1 Large Egg
- ¼ Cup Milk

MUSHROOM SAUCE

INGREDIENTS

- ½ Cup Unsalted Butter
- 1 Garlic Clove
- 1 Cup White Cooking Wine
- ¼ Cup Sour Cream
- 1 Cup Chicken or Vegetable Broth
- 16 Oz. Thinly Slice Fresh Whole Mushrooms
- 2 Tbsp. **MIES ORIGINAL BREADING**
(Or Your MIES BREADING of Choice)

DIRECTIONS FOR MEATBALLS

Preheat oven to 350°. Spray sheet pan with nonstick cooking spray. In a large bowl, combine and mix all ingredients: ground beef, **MIES BREADING**, salt, garlic powder, black pepper, egg, and milk. Shape into 1-inch meatballs. Arrange meatballs on baking sheet. Bake 20-25 minutes, or until cooked through.

DIRECTIONS FOR MUSHROOM SAUCE

Set a large skillet to medium heat; add butter. Once melted, add garlic and sauté for 1 minute. Add mushrooms and stir until softened, about 5 minutes. Stir in **MIES BREADING** until well blended. Pour in wine and broth. Cook until reduced to half, about 4 minutes.

Reduce heat to medium-low. Add cooked meatballs to mushroom broth and stir until heated through. Remove from heat and stir in sour cream. Season with salt and pepper to taste. Serve over cooked egg noodles. **Enjoy!!**

MEATBALL STROGANOFF



INGREDIENTS

- ½ Lb. Portabella Mushrooms
(Or Your Fresh Vegetable of Choice)
 - 2 Cups **MIES ORIGINAL BREADING**
(Or Your Mies Breading of Choice)
 - Warm Water
 - Oil for Frying
Recommend a Canola-Vegetable Blend or Canola Oil
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DIRECTIONS

Preheat oil to 350°.

While the oil is preheating, fill a bowl with warm water. In another bowl put the **MIES BREADING**. Dip the portabella mushrooms in the warm water and then dredge through the breading, until well coated. Once fully coated, let the portabella mushrooms sit for 1 minute (the breading will become tacky).

Fry portabella mushrooms in oil until breading is a golden brown (approximately 90 seconds). Cooking time will vary based on size and type of fresh vegetable being used.

Remove the mushrooms from the oil and place on a paper towel-lined plate. Serve & Enjoy!!

FRIED VEGGIES



INGREDIENTS

- 4 Cups Dried Macaroni
- 1 Egg
- ½ Stick of Butter
- ¼ Cup **MIES ORIGINAL BREADING**
(Or Your **MIES BREADING** of Choice)
- 2 ¼ Cups Whole Milk
- 2 Tsp. Dry Mustard
- 1 Lb. Sharp Cheddar Cheese, Shredded
- ¼ Tsp. Pepper

DIRECTIONS

Preheat the oven to 350°. Cook the macaroni until slightly firm. Drain and set aside.

In a small bowl, beat the egg. In a large pot, make the sauce by melting the butter and sprinkle in the **MIES BREADING**. Whisking constantly, cook over medium-low heat for a couple of minutes. Then add the milk and dry mustard-whisk until smooth. Cook until very thick, about 5 minutes. Reduce the heat to low.

Take ¼ Cup of the sauce and slowly pour it into the beaten egg, whisking constantly to avoid cooking the egg-whisk until smooth. Pour the egg mixture into the sauce, whisking constantly until smooth. Add in cheese and stir to melt. Then add in the pepper.

Combine cooked macaroni and sauce-mix. Serve immediately (while creamy). Serve & Enjoy!!

Cooking Tip ~ Put into a buttered baking dish, top with extra cheese, and bake until bubbly and golden on top (20-25 minutes).

MAC & CHEESE



INGREDIENTS

- ½ Lb. Boneless, Skinless Chicken Tenders
- 2 Cups **MIES ORIGINAL BREADING**
(Or Your Miss Breading of Choice)
- Warm Water
- Oil for Frying
Recommend a Canola-Vegetable Blend or Canola Oil

DIRECTIONS

Preheat oil to 350°.

While the oil is preheating, fill a bowl with warm water. In another bowl put the **MIES BREADING**. Dip the chicken tenders in the warm water and then dredge through the breading, until well coated. Once fully coated, let the chicken tenders sit for 1 minute (the breading will become tacky).

Fry chicken tenders in oil until breading is a golden brown – internal temperature of chicken to be at or above 165°. Cooking time will vary based on size and thickness of the chicken tender.

Remove the chicken tenders from the oil and place on a paper towel-lined plate. Serve & Enjoy!!

CHICKEN TENDERS

MIES BREADING IDEAS



FRYING

SEAFOOD

Fish, Shrimp, Scallops, Mussels, Salmon, Calamari, Alligator, Oysters

MEAT

Chicken, Pork Chops, Prime Rib End Cuts, Steak Bites, Hot Dogs, Pork Cutlets, Country Fried Steak, Turkey, Liver, All Wild Game

VEGETABLES

Cauliflower, Mushrooms, Onions, Zucchini, Eggplant, Potato Wedges, Fresh Refrigerated Pickles, Asparagus, Blooming Onion, Corn on the Cob, Fried Green Tomatoes, Frozen Potato Chippers, Green Beans, Hay Stack Onion Rings, Canned Round Potatoes

FRUIT

Granny Smith Apples, Green Tipped Banana, Golden Pineapple, Strawberries

BAKING & GRILLING

Chicken, Fish, Pork Chops, Pork Cutlets, Turkey

THICKENER

Gravy, Stew, Soup, Swiss Steak

BINDING AGENT

Meatloaf, Hamburger Patties, Hush Puppies, Salmon Patties, Catfish Patties, Meatballs, Crab Patties

Use Mies Breading Dry or as a Batter

1 pound of Mies Breading yields 8-10 pounds prepared food

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