

PANKO & PARMESAN CRUSTED STRIPED BASS

Ingredients

1 lb striped bass, cod or halibut, skin removed and cut into portion sized filets
1 C flour
2 eggs, lightly beaten
2 C panko bread crumbs
1/2 C shredded parmesan
pinch of red pepper flakes (optional for a little extra heat)
2 tsp salt
1 tsp pepper
cooking oil of your choice
1 Lemon

Instructions

Set the oven to 375.

Using three medium sized mixing bowls, use one for the flour, one for the egg and one to combine the panko, parmesan, salt, pepper and red pepper flakes.

Heat a large pan over medium-high and add the oil, enough to make a thin layer of oil to coat the bottom of the pan.

Start each fish filet in the flour, coating both sides evenly, then put the fish in the egg wash, then into the panko mixture, making sure to cover the whole filet with the panko mix. Carefully place the fish filets into the pan and let each side cook, flipping once the first side has browned and become crispy. Once the fish has been lightly fried, place the fish on a baking sheet lined with tin foil (for easier cleanup), and bake the fish for 10-15 minutes, or until the fish has cooked through.

Garnish with a little lemon juice, and serve immediately.