

Parmesan Crust Anyone?

July 10, 2020 | CHEF VEE, COOKING SCHOOL HEAD CHEF

Serves: 6 Total time: 25 minutes

- 6 5/6 oz. of cod - defrosted if frozen you can use tilapia or red snapper fillets also
- 2 eggs
- 4 teaspoons dijon mustard
- 2 tablespoons of milk – water works well too
- 2 tablespoons butter
- 1 tablespoon olive oil
- lemon slices for serving

Coating

- 1 1/2 cups Panko Bread Crumbs
- 1 cup plain cornflake crumbs - optional
- 1/2 cup fresh grated parmesan cheese
- 1 teaspoon parsley flakes
- salt & pepper to taste
- 1/2 tspn of Italian or old bay seasoning – optional
- 1/2 tspn of dried parsley

In a small bowl, combine eggs, dijon mustard, milk or water, salt and pepper, mix well, and set aside.

In a separate dish, combine all of the coating ingredients, mix well and set aside.

Dip each fillet into the egg mixture and then into the coating mixture. Be sure to press the crumbs into the fish and make sure it's completely coated.

Once all of the fillets are coated, preheat butter and olive oil in a skillet over medium heat. Make sure the heat isn't too high or it will burn your coating. We are looking for golden color so be patient.

We are cooking gently.

Place the coated fish fillets in the skillet. Cook for 5 to 6 minutes per side. It will be crispy and golden in color. If you choose to make these in the oven place fish directly over a wire rack and a sheet pan at 400 degrees for 12 to

14 minutes. Be sure to preheat oven and spray wire rack with cooking spray to avoid sticking. Fish will be crispy and delicious. This recipe works really well with chicken too! Eat with your favorite veggies or as a sandwich with tartar sauce or my favorite way over fresh spinach or arugula with a simple olive oil and fresh lemon vinaigrette. Place fish directly over greens and maybe a few cherry tomatoes. This fish is so delicious you can just squeeze lemon right over it and enjoy that crispy parmesan crust just as it is! Enjoy!