

Parmesan Crusted Sole

Sole Filets	1 lbs
Parmesan breading	2 cups
Egg wash	2 cups
Seasoned flour	1 cup
Butter	1 oz
Olive oil	1 oz

Parmesan Breading:

Cracker Meal	1 cup
Grated Parmesan	1 cup

Method:

1. Using a clean cutting board cut sole filets into 5-6 oz portions. Cover with plastic and place in refrigerator until ready to bread.
2. Use three deep baking dishes or pie pan to set up a dredging station to bread your fish, set up in this order: seasoned flour, egg wash, and parmesan breading.
3. Remove fish from refrigerator and pat dry with paper napkin.
4. Place fish filets in seasoned flour, making sure to coat entirely.
5. Transfer floured fish to bowl with egg wash and submerge completely so that entire fish is coated with egg. (This process allows breading to adhere to fish)
6. Transfer egg coated fish to parmesan breaded mixture, cover fish entirely in breading and pat lightly to make sure that coating sticks.
7. Remove from breading station and allow breading to set up for 5 minutes.
8. Pre-heat oven to 425°f
9. Using an oven safe sauté pan over medium high heat add butter and olive oil to pan. Allow butter to melt and the oil will begin to lightly smoke.
10. Add your fish to the pan and allow it to cook for 2 minutes.
11. Using a spatula gently flip fish over and place your pan in the oven.
12. Allow to cook for 5-7 minutes or until cooked through reaching an internal cooking temperature of 145°f.
13. Remove from oven and serve with starch and vegetables of your choice.