

Parmesan Crusted Sea Bass



Serves 4

4 ~ 6oz sea bass filets

1c panko bread crumbs

2c buttermilk

1c Parmesan cheese, grated

2T Frank's Red Hot Sauce

If there are any pin bones, remove them from the sea bass with (clean and sanitized) tweezers. Place sea bass in large zip~lock bag, add buttermilk and Frank's Red Hot Sauce. Seal bag and refrigerate overnight.

Preheat oven to 400. Remove sea bass from buttermilk mixture and pat dry with paper towels.

In large zip~lock bag, mix together panko bread crumbs and grated Parmesan cheese. Add sea bass filets, one at a time, seal bag and shake well to coat. Lay fish on baking sheet sprayed with non~stick cooking spray.

Lightly sprinkle at least 1T of remaining panko/Parmesan mixture on top of fish on baking sheet to create a thicker crust.

Bake 8~9 minutes for each 1" of thickness, approximately 12 minutes for an average 6oz filet.

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