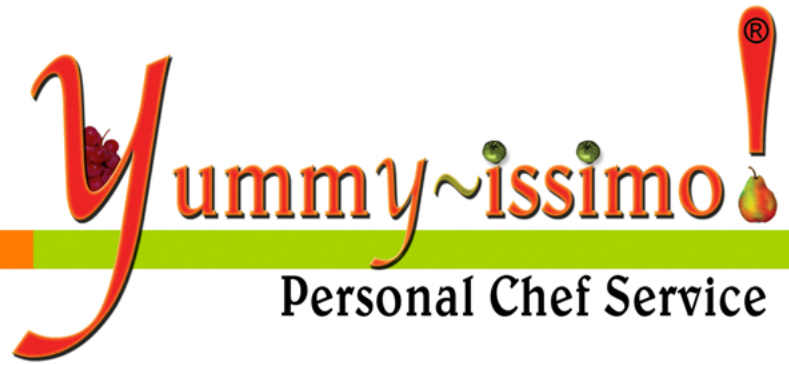


# Parmesan & Potato Crusted Halibut



So easy anyone can make it!

Serves 4

1/4c canola oil	1/2c Parmesan cheese, grated	1t Dijon mustard
4 ~ 6oz halibut filets, skinned	pinch cayenne pepper	2T flat leaf parsley, chopped
1/2c flour	salt and pepper	4 Yukon Gold potatoes, peeled, grated
	3 eggs	

Mix together flour, Parmesan, cayenne pepper and salt and pepper and place in bowl.

Beat eggs and Dijon mustard together and add in flat leaf parsley. Place in a bowl.

Squeeze excess liquid from grated potatoes and spread out over a flat plate.

Dredge halibut filet in flour, then dip in egg mixture and then place on potatoes. Coat with potatoes on both sides.

Preheat oil to medium~high, add halibut and cook until potatoes are brown and fish is cooked half way through. Flip carefully and cook until fish is completely cooked ~ total cooking time should be about 10 minutes.

Listen for my weekly recipes, Fridays at 7:45 a.m. on WGRR presented by



**Debbie Spangler ~ Certified Personal Chef**

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