

CRISPY SNAPPER FILLET

Yield: Makes 4 servings

INGREDIENTS

1/2 cup flour
1 egg
2 tablespoons prepared yellow mustard
1/2 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon garlic powder
1 1/2 cups panko
1 1/2 lbs. crimson snapper fillet
1/4 cup olive oil
2 lemons

PREPARATION

Put flour in a bowl. In a shallow dish, whisk together the egg, mustard and salt. Place panko crumbs in yet another bowl and add in garlic and pepper. Dust fillets with flour, then dip in egg/mustard mixture and then press into panko.

Heat enough oil to fry one fillet in a large heavy skillet over medium-high heat. Fry each fillet individually and put a small amount of oil in before each fillet rather than the full 1/4 cup all at once. Fry fish fillets in oil for 3 to 4 minutes per side or until golden brown. Serve with fresh squeezed lemons.

