

CORNFLAKE CRUSTED BAKED FISH

F EASY

Last Modified: 02/15/2015

PREP: 1 Hr 30 Min

COOK: 35 Min

OVEN: 425

SEAFOOD

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
4	Loins	Cod Or Other Firm Fish	Room Temp
OR ANY OTHER			
4	Filets	Firm White Lean Fish Fillets	
		(Orange Roughy, Catfish, Sole, Etc.)	

COATING MIX			
1/4	Cup	Buttermilk	
1/4	Cup	Seasoned Bread Crumbs (Progresso)	
OR			
1/4	Cup	Italian Bread Crumbs (Progresso)	
1	Cup	Cornflake Crumbs (Kellogg's)	
1	Tsp	Sweet Hungarian Paprika	
1/2	Tsp	Garlic Powder	
1/2	Tsp	Onion Powder	
1	Tbsp	Fresh Italian Parsley Leaves	Fine Chop
OR			
1 1/2	Tbsp	Dried Parsley	
1/2	Tsp	Kosher Salt	
1/2	Tsp	Fresh Ground Black Pepper	
2	Large	Egg Whites	Beaten
		Non-Stick Cooking Spray	
1	Small	Fresh Lemon	Wedged

PREPARATION	
CAUTION	You want each of the Cod Loins to be approximately the same size so they finish cooking at the same time.
FACTOID	Orange Roughy are an extreme deep water Fish that is very long lived. Their long life lends them to pick up sea water borne pollutants. They have recently become unpopular.
TOOLS	1) 2 - Pie Tins 2) Small Mixing Bowl 3) Dark Colored Sheet Pan 5) Wire Rack
PREP	COATING MIX 1) Finely chop the Parsley Leaves and set them aside.
1	If the Cod Loins are frozen, thaw them overnight in the refrigerator.
2	Set the Cod Loins on a wire rack over paper towels to come to room temperature (about 1 hour). Season the Fish Pieces to taste LIGHTLY with Salt.
3	Pat the Cod Loins dry with a paper towel and place them in a zip lock bag. Add in the Buttermilk, seal, squeeze to coat them evenly, set them aside for no more than 15 minutes.

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4	Make the Coating Mix in a small mixing bowl by combining the Bread Crumbs, Cornflake Crumbs, Paprika, Onion Powder, Garlic Powder, Parsley, Salt and Pepper and whisk to mix it thoroughly. Place it in a pie tin.
5	In a small mixing bowl, whisk the Egg Whites until smooth and place them in a second pie tin.
6	Remove the Cod Loins from the Buttermilk and roll them in the Bread Crumb Mixture, patting to thoroughly coat the Fish on all sides. Roll the Loins in the Egg Whites and re-roll them in the Bread Crumbs Set them on a wire rack to dry while you coat the rest.
7	Preheat the oven to 425 degrees with a rack near the center. Spray a dark sheet pan with non-stick cooking spray.
8	As soon as the oven comes up to temperature, place the Cod Loins on the sheet pan so they are not touching. Spray each Loin on all exposed sides with non-stick cooking spray. Place the sheet pan in the oven and bake them for 35 minutes.
SERVE	Remove them from the oven and serve them immediately, before the coating softens. A nice side is Recipe: Sue K's - Sauce - Tarter Sauce

