

OVEN BAKED CRISPY COD FILLETS

F EASY

Last Modified: 04/25/2015

PREP: 15 Min
COOK: 20 Min
OVEN: 350

SEAFOOD

MAKES 4 SERVINGS

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

COATING MIX			
2 1/2	Cups	Panko Bread Crumbs (Kikkoman)	
1/2	Stick	Unsalted Butter	Melted
1	Tsp	Lemon Zest	
2	Tbsp	Old Bay Seasoning	
1	Tbsp	Garlic Powder	
1	Tbsp	Onion Powder	
4	Tbsp	Chives	Fine Sliced
1	Tbsp	Fresh Thyme Leaves	Minced
3	Large	Egg Whites	Beaten

PREPARATION	
HINTS	You want each of the Fish Fillets 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) Medium Mixing Bowl 2) Small Mixing Bowl 3) Small Saucepan 4) Aluminum Half Sheet Pan & Wire Rack
PREP	COATING MIX 1) Finely slice the Chives and set them aside. 2) Mince the Thyme Leaves and set them aside. 3) Preheat the oven to 350 degrees with a rack just below center.
1	Make the Coating Mix in a medium mixing bowl by combining the Panko Bread Crumbs, Lemon Zest, Old Bay Seasoning, Garlic, Onion, Thyme and Sliced Chives (Finely chopped Green Onion Tops are an excellent substitute), whisk to mix together well. Season the Fish Fillets to taste with Salt and Pepper.
2	In a small saucepan over medium heat, melt the Butter until the water has evaporated and pour it over the Coating Mixture. Mix together well with your hands so the Coating Mixture is evenly soaked with the melted Butter.
3	Pat the Fish Filets dry with paper towels just prior to coating. Beat the Egg Whites until they are frothy. Coat each piece of Fish with the Egg Whites, Move it to the Coating Mix and evenly coat each piece on all sides. Place them not touching on a wire rack over the sheet pan. Bake the Fish until the Coating Mix is nice and brown, about 15 to 20 minutes.
SERVE	Remove them from the oven and serve immediately before the coating softens.

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