

POTATO CRUSTED BAKED COD LOINS

F EASY

Last Modified: 03/12/2015

PREP: 1 Hr 30 Min
COOK: 35 Min
OVEN: 425

SEAFOOD

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
4	Loins	Cod	Room Temp
OR ANY OTHER			
4	Filets	Firm White Lean Fish Fillets	Room Temp
		(Orange Roughy, Catfish, Sole, Etc.)	
		Non-Stick Cooking Spray	

COATING MIX

1/2	Tsp	Kosher Salt	
1/2	Tsp	Fresh Ground Black Pepper	
1/4	Cup	Buttermilk	
2	Large	Egg Whites	Beaten
1	4 Oz	Package Mashed Potato Flakes (Idahoan)	
		If "Flavored" Use ONLY the Potatoes in the Bag	
OR IF USING "PLAIN" MASHED POTATOES, ADD IN THE NEXT 3 ITEMS			
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	

PREPARATION

FACTOID	You want each of the Cod Loins to be approximately the same size so they all 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 4) Wire Rack
OPTION	You may optionally substitute 1/2 cup of shredded and squeezed dry shredded raw Potatoes for the package of "Plain" Idahoan Mashed Potatoes (plus adding in the 3 listed Spices). Coat the Loins with the Potato Mixture ONLY one time instead of twice.
PREP	COATING MIX 1) Finely chop the Parsley Leaves and set them aside. 2) Preheat the oven to 425 degrees with a rack just below center.
1	If the Cod Loins are frozen, thaw them overnight in the refrigerator sealed in a zip lock
2	Set the seasoned 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 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 Potato Flakes, Onion Powder, Garlic Powder, Parsley, Salt and Pepper and whisk to mix it well. Place it in a pie tin.
5	In a small mixing bowl, whisk the Eggs until smooth and place them in a second pie tin.
6	Remove the Cod Loins from the Buttermilk and roll them in the Coating Mix, patting to thoroughly coat the Fish on all sides. Roll the Loins in the Egg Whites and then, re-roll them in the Coating Mix, again, patting them to thoroughly coat the Fish on all sides. Set them on a wire rack to dry for 15 minutes.
7	Spray a dark sheet pan with non-stick cooking spray.
8	Arrange the Cod Loins on the sheet pan so they are not touching. Spray each Loin on all exposed sides lightly with non-stick cooking spray. Place the sheet pan in the oven and bake them for 35 minutes.
SERVE	Remove the Loins from the oven and serve them immediately before the coating softens. A nice side is Recipe: Sue K's - Sauce - Tarter Sauce