

YINZER YUMS OF YESTERYEAR

WHITEFISH GREMOLADE

INGREDIENTS

- 2-4 fish filets
- Salt and pepper to taste
- ½ cup flour
- 2 Tbsp. olive oil
- ¼ cup plain breadcrumbs
- 2 cloves garlic, minced
- 2 Tbsp. parsley
- 1 Tbsp. lemon zest

PREPARATION

Pat filets dry with paper towels. Season with salt and pepper. Lightly coat with flour, patting filets to remove any excess flour. Sauté in olive oil until filets begin to brown, turning once. Place filets on an oven-proof tray (if not using a cast iron skillet) in a 350°F oven for 7 minutes.

Meanwhile, combine the rest of the ingredients in a bowl. After 7 minutes, remove the fish from the oven and sprinkle the breadcrumb mixture on top. Place under a broiler until the topping is golden brown. Serve immediately.

You can use any mild white fish for this recipe such as flounder, turbot, cod, or haddock.



ORIGINAL RECIPE - JIM BARAN - THE BEST OF QED COOKS (2000)