

The Marv's Meats Recipe Collection #1

Easy 'Oven-Fried' Fish

Pre-heat oven to 450°.

Wash fish (cod, scrod, orange roughy, whitefish, pickerel, salmon, lake perch) in cold water, pat dry on paper towel & cut into serving size pieces.

Mix ½ cup milk with 1 tsp. salt and 1/8 tsp. white pepper. Dip fish in milk mixture and then coat in fine dry breadcrumbs, cracker meal or crushed corn flakes (Michael's favorite breading is crushed 'Goldfish' crackers, Parmesan cheese & black pepper). Place breaded fish in a well greased baking dish, drizzle with melted butter or margarine and bake uncovered and without turning approx. 10 minutes until fish is just firm and golden brown.



MARV'S
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