

The Sailing Chef

PANKO STICK FISH

Ingredients:

- 4 filets of any fresh fish (without bones)
- 1 egg
- 4 Tbs of flour
- 4 Tbs of Panko (bread crumbs)
- Salt, pepper and spices
- Oil

Preparation:

- 1: Roll the fish in flour mixed with salt pepper and spices and coat evenly
- 2: Dip into one egg beaten
- 3: Roll in Panko
- 4: Drop into hot oiled pan, fry over high heat until a brown crust forms, about 2-3 minutes per side depending how thick is the filet
- 5: Serve with rice or anything you like!

Enjoy et Bon Appetit!



FISH can be replaced by vegetables, chicken or shrimp! This meal is one of Robin's favorite. However, I do not cook it often because it need some oil cleaning afterwards!



MORGANE