

Basil's Fluke Milanese

Recipe By Ehud Ezra



Cooking and Prep:  15
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Serves:  4

Contains:   

Preference: Parve

Difficulty: Easy

Occasion: Shabbat, Shavuot,
Rosh Hashanah, Sukkot

Diet: Pescetarian

Source: Whisk by Ami

Magazine

Ingredients (8)

Main ingredients

- 4 (8 ounce) fluke filets, skinned
- salt, to taste
- pepper, to taste
- garlic powder, to taste

- 1 cup flour
 - 3 egg whites or 1/2 cup Haddar Egg Whites
 - 1 cup Chef Jeff Panko Bread Crumbs
 - canola oil, for frying.
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Start Cooking

Prepare the Fluke Milanese

1. Season the fish with the salt, pepper, and garlic powder and set aside in refrigerator.
2. Prepare breading ingredients in three shallow bowls.
3. Dip fluke filets in flour, then egg whites, removing the excess. Dip in panko bread crumbs.
4. Heat one-inch oil in a medium-sized pan to 350 degrees Fahrenheit. Fry until golden brown.