



Baked Cod w/Seasoned Crumbs and Lemon

Prep time: 20 minutes Servings: 8

Start by getting this:

- 12 ounces Cod filet about 1 inch thick
- 1 Tbsp. Vegetable oil
- 2 tsp. Clarified butter
- 1/2 cup Bread crumbs, plain not seasoned
- 2 dashes Paprika (mix with the bread crumbs)
- 1 Tbsp. Parsley, chopped (mix with the bread crumbs)
- 1 pinch of Salt
- 1/2 Lemon cut into wedges

Now, prepare!

Step One:

Set oven to 450 degrees F

Step Two:

Dip Cod in oil and then in bread crumbs on the cut side, not the skin side. (Crumbs should have the paprika and parsley mixed in with them).

Step Three:

Place on a baking pan, drizzle with 2 teaspoons clarified butter and sprinkle with salt. Bake until golden, about 8 minutes. Place under broiler to brown more if you like. (About another 2 minutes)

Step Four:

Place on plate with the pan juices, and lemon wedges.

Step Five:

Please note that this is pure unadulterated delicious fish. No fancy sauces or garnishes. You may use any fresh fish such as haddock, Pollack or Hake in place of the Cod.