



Baked Cod with Seasoned Bread Crumbs and Lemon

Pairs perfectly with Peter Vella Blush.

Ingredients

12 oz. Cod filet about 1 inch thick
(You may also use any fresh fish such as haddock, Pollack or Hake, in place of the Cod.)

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

1 pinch Salt

Lemon cut into wedges

(serves 6-8)



Directions

- Set oven to 450 degrees F.
- 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).
- 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)
- Place on plate with the pan juices, and lemon wedges.
- Serve on a bed of par-boiled green beans and snap peas for a more formal presentation.

Peter Vella

