



MUSTARD-PANKO CRUSTED SOLE

Ingredients

3	tablespoons extra virgin olive oil	1 ½	cups panko
1	tablespoon Dijon mustard	1 ½	teaspoons finely grated fresh lemon peel
2	tablespoons lemon juice	1	teaspoon paprika
4	thin white-fleshed fish fillets (such as sole)	¾	teaspoon mustard seed
			Salt to taste

Yields 4 servings.

Directions:

Preheat oven to 450°. Mix the olive oil, mustard and lemon juice and dredge the fillets in this mixture to coat them completely. Mix the panko with the lemon peel, paprika, mustard seeds, and salt to taste. Mix well to blend ingredients. Dredge the fillets into the panko and press onto the fish to coat all sides. Place the fish on a lightly oiled baking sheet. Bake for 8 minutes, or until fish is cooked through and crust is lightly crispy.

From cookbook by Ronnie Fein, "Hip Kosher"



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