

# Parmesan Encrusted Sea Bass

1 ½ cups Italian bread crumbs

1 ½ cups parmesan cheese

3 eggs

½ cup milk

Sea Bass fillets

Olive oil

Favorite marinara sauce

- On large plate combine bread crumbs and cheese. Set aside.
- In medium bowl scramble eggs, add milk. Set aside.
- Heat marinara sauce in separate pot, medium heat.
- Wash the fish under cold running water and pat dry with paper towels.
- Heat enough olive oil to cover bottom of frying pan, medium high.
- Dredge fish through egg/milk mixture.
- Evenly coat both sides of fish on plate of crumbs and cheese.
- Place immediately in frying pan of hot olive oil.
- Cook each side 4-5 minutes, until golden brown (watch carefully, temperature of oil may need adjustment.... cheese has a tendency to stick or burn to pan). \*If cheese is sticking, raise heat...if burning, lower heat. \*Note: Periodically lightly shimmy pan while cooking to prevent fish from sticking.
- Serve fish topped with marinara sauce and dust with parmesan cheese.
- Enjoy.

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## Captain's Tip

As a variation, this recipe is also wonderful with sun dried tomato alfredo sauce in place of the marinara sauce.

*Compliments of Fishfull Thinking Guide Service*

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