



## Fish in a Panko Breadcrumb Crust

### **Ingredients**

Fillets of the fish of your choice  
1-2 eggs, beaten  
Panko breadcrumbs  
Oil for frying  
Salt and pepper

### **Directions**

Dip fish fillets in egg, then dredge in panko breadcrumbs. Place a frying pan over medium heat and add just enough oil to cover the bottom of the pan. When oil is hot, fry fish until golden brown. Season with salt and pepper to taste, and serve with tartar sauce or cocktail sauce.

Note: Panko breadcrumbs can be found at the [Good Tern Food Coop](#) in Rockland, Maine.

Source: CSF subscriber Alison Chambers