

Garlic Panko Baked Alaskan Ling Cod

Ingredients-

4 Filets of 4-5 oz. each of Fresh Alaska Ling Cod

¾ cup of Plain Panko Breadcrumbs

¾ cup of Progresso Garlic & Herb Breadcrumbs

Chef Paul Prudhomme Magic Season Blends “Blackened Redfish Magic”

2 eggs

Olive Oil

1 lemon cut into wedges

1-1/2 Tablespoons of Fresh parsley chopped

Salt & Pepper

Instructions-

Preheat oven to 325 degrees Fahrenheit

Thaw Alaska Ling cod in open air and pat dry with paper towel once thawed

Beat eggs in shallow bowl

Mix breadcrumbs together on a plate or shallow bowl

Take a baking sheet and line with parchment paper for easy clean up

Sprinkle olive oil over foil to place fish on when breaded

Dip cod into egg, wash then lay cod on breadcrumbs and sprinkle Red Fish Magic seasoning, salt & pepper to your liking on one side then flip over coating entire filet in breadcrumbs. Place on baking sheet

After baking for 20 minutes sprinkle fresh parsley and continue baking for 5-10 minutes.

Bake at 325 for a total of 25-30 minutes and test with a fork for doneness. The fish should flake with fork and be moist inside with a nice white color. Internal temperature should be 135 degrees, which can be checked with a digital thermometer.

When done place on plate with your favorite tarter sauce and pair it with your favorite green vegetable and Yukon gold potato wedges. ENJOY!