

Parmesan Encrusted Tilapia

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Serves 4

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Ingredients:

4 Tilapia filets (4 to 4.5 oz.)
1 cup Panko (Japanese Bread Crumbs) (4c)
¼ cup freshly grated Parmesan Cheese
1 tsp. Italian Seasoning (McCormick)
2 Egg Whites lightly whisked
Flour for dredging
Salt and Pepper
Oil for pan frying (Crisco)



Directions:

Pat Tilapia filets dry with a paper towel. Lightly salt and pepper both sides. Place panko in a food processor for a few pulses to create a finer texture. In a dish for breading, combine panko, parmesan cheese and Italian seasoning. Create breading station with flour in one dish, egg whites in another and the panko mixture in another. Place skillet over medium-high heat. Add oil (enough to evenly coat the pan with about ¼ inch depth of oil). Allow oil to warm. Dredge tilapia filets in flour shaking off any excess. Then coat with egg whites and then with the panko mixture. Place tilapia filets in pan with the thicker side towards the center of the pan or the area that may be the hottest. Fry 2-3 minutes per side or until golden brown depending on the thickness of the filets. Remove to paper towel lined plate to absorb any excess oil and serve.

Notes:

I prefer to use just the egg whites when breading the fish. I feel it creates a lighter, crispier crust.