

Seafood

Crunchy Wild Striped Bass

Chef Sarah Stegner - Prairie Grass Cafe, Chicago, IL

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Servings: 4

4 portions (3- to 4-ounce) wild striped bass, trimmed, deboned and skinned

1/4 teaspoon salt

ground white pepper

2 tablespoons all-purpose flour

1 egg, beaten

1/4 cup whole-grain breadcrumbs or panko

2 tablespoons olive oil

freshly squeezed lemon juice

Sprinkle the fish with salt and pepper; dust with the flour; dip in the egg; then coat with breadcrumbs.

Heat the oil in a medium skillet over medium heat. When the oil is hot, add the fish and cook over medium-low heat until golden brown on both sides and thoroughly cooked.

Sprinkle with the lemon juice.

Per Serving (excluding unknown items): 92 Calories; 8g Fat (78.1% calories from fat); 2g Protein; 3g Carbohydrate; trace Dietary Fiber; 53mg Cholesterol; 151mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Fat.