

SeaFood Charlie Recipe

Panko Crusted Rockfish Fillets

The rockfish in this recipe is not heavy or fishy tasting, it's a mild flavored fish with a firm but tender texture that melts in your mouth. Add to it the light crunchy coating on the outside and it satisfies even the pickiest of palates.

What really makes this a great recipe is that the magic (shallow pan frying) happens in your oven instead of on the stovetop, which means you use a lot less oil and you aren't left with a big greasy mess to clean up. Not only does that make this a healthier alternative to deep frying, it's fast enough for a quick weeknight meal.

What You'll Need

These panko crusted rockfish fillets are made in four simple steps and require rockfish fillets and a few pantry staples to put it all together.

- **Rockfish Fillets** – Two large fillets weighing about 3/4 – 1 pound. Cut them in half to make them easier to handle.
- **Neutral Oil for Frying** – Olive oil is common, but I prefer avocado oil. Any oil for high heat will work.
- **All Purpose Flour** – The main component in the flour dredge. It's job is to create a base layer so that the panko crust will stick.
- **Egg and Milk** – Together these make up the egg wash, which creates the sticky layer between the flour dredge and the panko crust.
- **Panko Bread Crumb** – The larger crumb size ensures a crispy coating that is much less likely to get soggy.
- **Parmesan Cheese** – The not so secret ingredient in my panko crust. It adds flavor and helps bind the crust together.
- **Old Bay Seasoning** – A one stop spice blend that you can easily find in your local grocery store, it's a tasty compliment to rockfish and most other kinds of seafood.
- **Salt and Pepper** – The gold standard for seasoning in the American kitchen, this recipe wouldn't be the same without them.

Breading Rockfish Fillets

Panko style bread crumbs make a huge difference in the texture. If you aren't familiar with panko style bread crumbs, allow me to introduce you to my crunchy friends. Yes, they are different from regular bread crumbs. Panko is a Japanese style breadcrumb with chunks that are larger, crispier, and lighter. This means that the resulting crust is light and almost delicate in texture, which is exactly what we want.

Ingredients

Fish

- 2 rockfish fillets*, 3/4 - 1 pound
- 2 tablespoons of olive or vegetable oil for frying

Flour Dredge

- 1/3 cup flour
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

Egg Wash

- 1 egg
- 2 tablespoons milk

Panko Crust

- 1/2 cup panko bread crumbs**
- 3 tablespoons grated parmesan cheese
- 1 teaspoon of Old Bay Seasoning

Instructions

1. Place a large oven safe skillet into the oven and preheat to 425 degrees.

Set up the dredging assembly line:

1. In a large bowl combine together the flour, salt and pepper. Stir then pour onto a large plate.
2. In the same bowl combine together the panko, seasoning blend, and parmesan cheese. Stir then pour onto a large plate.
3. Wipe out the bowl, then use it again to whisk together the egg and milk.

Prep the fish:

1. Check the fish fillets for any bones and remove as necessary. Slice fish in half if necessary.***
2. Dredge fish first in the flour, shaking off any excess.
3. Dip fish into the egg mixture, allowing any excess to drip off.
4. Coat fish in the panko mixture, shaking off any excess. Place on a clean plate and allow to rest 1 - 2 minutes so the panko can adhere.

Fry the fish:

1. When the oven and frying pan are preheated, add the 2 tablespoons of oil to the hot pan. Allow to heat 1 minute. Carefully add fish fillets to the hot oil.
2. Cook in the oven for 3 - 4 minutes, then carefully flip over.
3. Cook an additional 3 - 4 minutes, then check with a meat thermometer for an internal temperature of at least 140 degrees.
4. While fish cook, set up a cooling rack over a couple layers of paper towels.
5. Remove fish from the pan and place on the cooling rack. Allow to drain 3 - 5 minutes prior to serving.