

CORN-FLAKE CRUSTED HALIBUT

1 cup corn flakes

½ cup panko (Japanese bread crumbs)

1 12-oz fresh halibut filet (fresh haddock also works well)

2 whole eggs

1 Tbsp milk

Preheat oven to 375 degrees.

Crush cornflakes until similar size as panko. Mix panko into flakes and pour into shallow bowl.

Cut halibut into sticks about 1 inch wide by 3 inches long.

Beat eggs and milk in bowl. Dish fish sticks into egg wash and then dredge each stick into bread crumbs, pressing down to make sure stick is fully coated. Place sticks on baking sheet fit with roasting rack. If roasting rack not available, place on parchment paper to prevent sticking.

Bake sticks 5 to 7 minutes or until golden brown.

Serves 4

By Alex Stratta