

Panko Crumbed Handlined Snapper from Carnarvon

(Serves 4 - 6)

A delicious dish featuring West Australian snapper crumbed and lightly fried.

Ingredients:

500g Snapper fillets

100g Plain flour seasoned with a little sea salt,

Pinch of ground ginger and a of pinch coriander powder

100g Panko breadcrumbs

50g shredded coconut

30g sesame seeds

3 eggs Margaret River free range

300ml milk

2 lemons or limes

Australian canola oil for frying

Method:

What you are doing here is coating the fish by flouring, then egg washing then crumbing the fillets.

1. Make the seasoned flour mix.
2. Using a fork in a bowl whisk up eggs and milk together.
3. In a bowl mix breadcrumbs, coconut and sesame seeds together.
4. Dip each fish fillet into the flour, then into the egg wash mix, drain excess mix off and then place in breadcrumb mix.
5. Pat each fillet down.
6. Lay on absorbent paper until ready for cooking.

How to cook:

1. Bring oil to medium heat (180C) in a saucepan.
2. Add fish fillets and fry to golden brown.
3. Drain on absorbent paper.

Serve on a platter with freshly squeezed lime or lemon juice.

Perfect with tartare or cocktail sauce.

Also delicious when served in a crusty roll with some crisp lettuce and a dill mayo.