



Rock Fish* with Panko & Cheese

4 Fish Fillets
2 TBS Extra Virgin Olive Oil
1 TBS Old Bay Seasoning
1 TBS Dried Parsley
1 TBS Dried Chives
Salt to taste
Pepper to taste

Panko Topping
4 oz Panko Bread Crumbs
4 oz Shredded Cheese - Blend of Swiss & Romano
2 oz Melted Butter

1. Mix Old Bay, salt, pepper, parsley and chives together.
Wash the fish fillets, pat dry with paper towels and coat with olive oil. Rub fillets with seasoning mixture and set aside.
2. In a mixing bowl, blend butter with Panko bread crumbs and mix until the crumbs are coated. Feel free to add more butter if needed or substitute olive oil for the butter. Once the crumbs are coated, mix in the cheese and set aside.
3. Heat a large skillet over medium high heat. Use a skillet that you can place in the oven. I like the old fashioned iron skillets. Add oil to skillet and fry seasoned fish on one side for approximately 3 to 5 minutes. Turn fish over, place Panko topping on fish and place under the broiler until topping is golden brown and cheese is melted. You must keep an eye on this while broiling or it may burn.
4. Pull from broiler, place on a plate and serve with Eagle Eye Sauvignon Blanc.

* Or use any fish you like.