



Parmesan Crusted Baked Fish

Ingredients

- 1/4 cup milk
- 1 teaspoon salt
- 1/2 cup fine dry bread crumbs
- 1/2 teaspoon paprika
- 1/4 cup grated Parmesan cheese
- 2 pounds fish fillets (fresh or frozen, thawed)
- 2 tablespoons melted butter

Method

1. Gather the ingredients.
2. Preheat oven to 375 F. Grease an 11 1/2 x 7 1/2 x 2-inch baking dish, being sure to reach the sides and bottom of the dish.
3. Blend together the milk and salt in a shallow bowl.
4. Combine bread crumbs, paprika, and Parmesan cheese in another bowl.
5. Dip fish fillets into milk mixture then into crumb mixture.
6. Arrange in the prepared baking dish. Try to give each fillet its own space without too much overlap. Drizzle melted butter over fillets.
7. Bake for 25 to 30 minutes, depending on the thickness of fillets. The fish should flake easily with a fork when done.
8. Serve the fish right away, either on a platter or straight from the hot baking dish.