

Easy Cheesy Sole Recipe

1 lb. sole fillets (cut into smaller serving size, if desired)

1 egg

2 ounces of beer (milk can be substituted)

2 cups bread crumbs, Panko or your favorite fry mix

½ cup grated Parmesan cheese

salt, pepper, garlic powder, etc to taste

Mix egg and beer w/spices in medium size bowl

Place fish in egg wash and let stand 5 minutes

Take egg washed fish and roll into the combined cheese/fry mix mixture

Place all pieces onto plate and refrigerate for 20-30 minutes

Use fry pan or wok, add ¼ cup of oil and pan fry on medium high heat until golden brown (1½ minutes maximum, each side)

Set on platter, serve and enjoy

Serves 3-4