

Oregon Sole with a Sesame Seed Crust
(serves 4)

1 ½ lb.	Oregon Sole Fillets
1 cup	Sesame Seeds
1 cup	Bread crumbs, dried and coarsely ground
½ cup	White Vermouth, dry or extra dry (optional)
1 lg.	Egg, well beaten
1 cup	All purpose flour
	Salt & Pepper to taste
¼ cup	Canola oil plus 2 tspns. Butter

1. Combine sesame seeds and breadcrumbs. Set aside.
2. Combine egg and vermouth, mixing well. Set aside.
3. Season flour with salt and pepper. Mix well.
4. Evenly coat Sole fillets with flour shaking off excess.
5. Dip flour-coated fillet in egg mixture and finally, gently press fillet into sesame and breadcrumb mixture, taking care to coat fillet evenly.
6. Allow breaded fillets to rest for 2 to 3 minutes.
7. In a large sauté pan over medium/high heat, combine oil and butter. When oil is hot, add fillets and sauté for approximately 2 minutes on each side or until light golden. Do not overcook.

Serve left over fillets with shredded lettuce and tarter sauce on lightly toasted sourdough for a wonderful sandwich. A lightly chilled Oregon Pinot Gris or Pinot Blanc makes the meal complete. Enjoy!!