

WE HOPE YOU WILL ENJOY THIS TASTY MEAL

Pan Fried Sand Dabs

Submitted by MONTEREY FISH

Ingredients:

1 egg beaten
1/4cup milk
1 pound pan-dressed Sand Dabs
1/2cup flour seasoned with salt and pepper
1/2cup breadcrumbs
¼ cup oil or clarified butter
Lemon wedges

Beat the milk and egg together in a bowl. Dredge each fish in the flour, then dip them into the egg-milk mixture then roll in the breadcrumbs until thoroughly coated.

Heat the oil or butter in a skillet over medium-high heat. Cook over a lively but not smoking hot fire for three to four minutes on a side until nicely golden brown on both sides. Serve immediately, accompanied with lemon wedges.

If properly trimmed the fish can quickly be de-boned at the table. Insert two forks beneath the upper fillet and lift the entire fillet away, leaving the bottom fillet and the bones in place. Then, remove the skeleton, which will remain in one piece, from the bottom fillet. Repeat for each fish. Sand Dabs are so sweet that they only need a squeeze of lemon but you may try any of the following sauces.

Recommended sauces: Brown butter, Tartar, Beurre Blanc, Chermoula, Capser