

The panko bread crumbs really make this dish superb! My favorite of the delicate fish, I top the panko-crusted fillets with a zesty citrus, garlic and crispy basil oil to add layers of interesting flavor. – Michael Chiarello



Panko-Crusted Petrale Sole with Basil, Garlic and Orange

Sole

1/2 cup all-purpose flour
4 1/2 teaspoons California chili powder
1 tablespoon gray salt
1 teaspoon freshly ground black pepper
3 eggs, well beaten
1 1/2 cups Progresso® Panko crispy bread crumbs
1 lb petrale sole or other thin white fish fillets (8 to 12 fillets), cleaned, skinned
1/3 to 1/2 cup extra-virgin olive oil

Garnish

2 tablespoons thinly sliced garlic
1 serrano or jalapeño chile, thinly sliced (about 1 tablespoon)
Gray salt and freshly ground black pepper
1 1/2 cups fresh basil leaves
1 tablespoon grated orange peel

1. In small bowl, mix flour, chili powder, 1 tablespoon salt and 1/2 teaspoon pepper; set aside. Line up 3 like-sized baking dishes or shallow bowls. Put the flour mixture in the first dish, the eggs in the second dish and the bread crumbs in the third dish. To bread the sole fillets, coat with flour mixture, dip into eggs, then coat with bread crumbs. Set aside on a platter or baking tray.
2. In 12-inch nonstick skillet, heat 1/3 cup of the oil over high heat. Add half of the fillets. Cook about 2 minutes or until lightly browned and crisp, then turn over and cook other sides 1 minute. Remove from skillet to a warmed serving platter; cover to keep hot. Cook remaining fillets, adding more oil if necessary.
3. Add garlic and chile to hot oil in skillet. Season with salt and pepper. Cook and stir 2 minutes. Add basil; cook and stir 2 minutes to crisp. Toss in orange peel.

4. Arrange fillets on serving platter or individual plates, and top with the basil, garlic and orange mixture.

4 servings