

A Favorite Recipe from Stan's Fish Sandwich Restaurant

Boston Scrod with Crumb Topping

(Serves 4)

2# Boston Scrod

_ cup fresh cracker crumbs or bread crumbs

(Make your own by putting bread or crackers in food processor or blender)

Season the crumbs. Some choices may include:

- fresh or dried herbs or herb blends
- citrus zest, lemons, limes, or oranges
- Seasonings and spices (i.e. Old Bay, Cajun, etc.)
- Hard cheeses such as Parmesan, Asiago

Preheat oven to 450 degrees.

Fish needs to be moist before rolling in crumbs. Water or wine will do fine.
Alternatives include brushing with mayonnaise, sour cream, or plain yogurt.

Roll fish in crumbs and place on baking sheet.

Bake according to Canadian Cooking Theory – 10 minutes per inch of thickness on the fish.

Serve immediately with a wedge of fresh lemon.