

TURBOT FILLETS

Equipment:

Measuring Spoons

Measuring Cup

Microwave safe plate with cover

Wooden Spoon or High Temp Rubber Spatula

Wax paper

Ingredients:

1/3 cup bread crumbs 75 ml

1/2 tsp savory 2ml

1/2 tsp paprika 2 ml

1/4 tsp pepper 1ml

2 tbsp butter or margarine 25 ml

1 lb turbot or sole fillets 500 g

Procedure:

1. Thoroughly combine seasonings and bread crumbs on a plate.
2. In a glass measuring cup, melt butter at **P7** 10 - 15 seconds.
3. Coat fish with butter, then crumb mixture.
4. Arrange in a shallow dish.
5. Cover with wax paper and cook at **P7** 4 - 6 minutes or until fish flakes easily with a fork.

Chefs Tip

Most flat fleshed fish can be used for this recipe