

Fish Cheeks with Polenta and Parma Crust

Servings: 4

Source: Patricia Wells ("We've Always Had Paris....")

Ingredients

- 2 Egg Whites
- ¼ cup Instant Polenta
- ¼ cup Parmesan Cheese, Freshly Grated
- ¼ teaspoon Ground Espelette Pepper
- 8 lbs. Fish Cheeks, Halibut, Monkfish, Or Skate
- 2 Olive Oil
- Fleur De Sel
- Lemon Wedges, Salt and Pepper, for garnish

Method

1. Place the egg whites in a shallow bowl. Combine the polenta and cheese in another shallow bowl. Season the polenta mixture with pepper.
2. Dredge the fish in the egg whites. Dredge them in the polenta mixture. Place on a large plate.
3. In a large shallow frying pan, heat the oil over moderate heat. When hot but not smoking, add the coated fish cheeks, cooking them until golden and cooked through, about 2 minutes per side.
4. Season with fleur de sel. Serve immediately, with fresh lemon wedges for garnish.