

Parmesan Crusted Grouper



From the Sensenig's Recipe Book

Ingredients

Grouper filets for 8 people
Cajun seasoning (Emeral's is fine)

1/2lb shredded parmesan
1 cup mayonnaise
2 TB chopped garlic
1/2 cup chopped green onions
1 red bell pepper diced (or pimentos)
1 TB Worcestershire sauce
1 tsp Tabasco

Preparation

Preheat oven to 450 degrees

Combine parmesan, mayonnaise, garlic, onion, peppers, Worcestershire and Tabasco in small bowl, blend until ingredients are just blended. The mixture should have the consistency of cookie dough (you should be able to ball and roll it) Adjust the mayonnaise amount to achieve this.

Place fish on a parchment lined pan.

Sprinkle fish with Cajun seasoning. Place about 1/.4 cup or more of parm mix on each filet down the center. Let the heat melt and spread the cheese to the edges. Place the fish in the hot oven for 8 minutes per inch of thickness, check the center, it should flake apart. Serve with lemons.

Notes:

Can also use white fish or snapper

Source:

Randy Chamberlain chef at the Western Ave Grill in Glen Arbor Michigan