



CRISP COATED FISH FILLETS

- 1 Cup Finely Crushed Cornflake Crumbs
- 1 Teaspoon Monosodium Glutamate
- 1 Teaspoon Salt
- 1/8 Teaspoon Pepper
- 1 1/2 Pounds Haddock, Flounder or Sole Fillets
- 1/2 Cup Evaporated Milk

DIRECTIONS

1. Heat oven to 375 degrees.
2. Combine crumbs, monosodium glutamate, salt, and pepper.
3. Dip fish fillets first in evaporated milk, then in crumb mixture.
4. Turn to coat both sides.
5. Arrange in a foil lined shallow baking pan.
6. Bake 20 minutes.