

Parmesan Baked Salmon

My wife pirated this off the internet somewhere and it is really good.

1 medium salmon fillet, fully boned out and skinned

1 cup fresh parmesan cheese

1/2 cup flour

1 clove garlic crushed (we used 3)

1/4 teaspoon seasoned salt

1/2 teaspoon black pepper

1 teaspoon paprika

1 egg beaten

1/2 cup milk

1/4 cup butter

Mix the parmesan cheese, flour, seasoned salt, pepper, paprika in a medium bowl. In a separate bowl, mix the beaten egg and milk well. Cut the salmon into serving size pieces. When cutting the salmon, make sure to remove the pin bones above the ribs and fully remove the mud line down the middle of the fish. Dip the salmon in the egg mixture and then into the dry mix to coat. Place fillets in a greased 9x13 baking dish. Sauté the garlic in the butter and drizzle over the salmon. Bake at 350 for 30 minutes or until the salmon flakes easily. As with all salmon, DO NOT over cook it. We cooked for about 25 minutes and it was perfect. You could also add onions or some other spices to the mix.