

## DAYTONA'S – Adam Rozenski

### Rice Pilaf & Pan-Fried Pickerel

#### Rice Pilaf

1 cup long grain rice  
celery  
carrots  
onions

red pepper  
peas  
2 cups flavored stock

Mix 1 cup rice with 2 cups water or flavoured stock in baking pan. Add desired vegetables, chopped into fairly small pieces. Cover tightly with aluminum foil so steam doesn't escape. Bake at 350 degrees for 1 hour. Stir and continue cooking for ½ hour.

#### Pan Fried Pickerel

Pickerel fillets  
Panko Japanese style bread crumbs  
2 eggs  
Canola oil

2 cups milk  
Lemon herb pepper  
Dill seasoning

While rice is baking, prepare pickerel fillets. Pickerel is a very bony fish, however, by removing the 'y-bone' you will remove 90% of the bones. Heat oil over med-high heat in fry pan.

Measure 2 cups milk into a bowl, and the bread crumbs into another bowl. (You can substitute panko for any bread crumbs, or crumbled cheese Ritz crackers for a different taste.) Dip each fillet into the milk, and then the bread crumbs, pushing down with a fork and covering well.

Remove fillets and place in heated pan and cook 2 ½ - 3 min per side. Season with lemon pepper & dill. Turn and season again. Fish will be cooked when slightly flakey. Serves 4.