

SAINT PETER'S FILLETS

Ingredients for 4 people

4 Saint Peter's fillets, about 600 grams	540
breadcrumbs	150
<i>beaten egg</i>	80
<i>flour</i>	50
<i>salt and pepper as enough</i>	
<i>total calories (about)</i>	820

Preparation

Preheat the oven at 200°C.

Rinse and dry well the fillets. Beat them up just a little to make them uniform.

Salt and pepper as you prefer before dipping them in the beaten egg.

Dip them in the beaten egg, in the flour and in the end in the breadcrumbs in order to obtain a fine and uniformed cover.

Lay them down in a buttered baking-pan and cook them in a hot oven at 200°C for about 15 minutes turning them once.

Serve them immediately.

A cool white wine (I always drink a Roero Arneis) is good as wine to eat them.