



## GROUPER ala TAFFLER

This recipe is sufficient for one 16-24 oz portion of skinless Grouper fillet or 4-5 individual portions of 4-5 ounces.

1-1 1/2 pounds of Grouper  
3 Tbls of butter, melted  
1/3 cup freshly grated Parmesan cheese  
1/8 cup plain bread crumbs  
1/8 cup House-Autry *Mildly Hot Seafood Breader*  
1/4 cup Sour Cream  
1/4 Tsp Cayenne Pepper

Pre-heat oven to 400 degrees. Cover sheet pan with aluminum foil and spray with Pam. Place fillets in pan and coat with the sour cream. Refrigerate for at least 30 minutes, but longer is okay too.

Combine butter, cheese, bread crumbs, cayenne pepper and breader in a bowl. Spread over fillets and bake 15-20 minutes, depending on thickness of fish.

Enjoy!!