

Zucchini-crusted perch filet

Zucchini-crusted perch filet is an imaginative and economic second course. Its crunchy crust and absence of bones make this an appealing dish even for those who usually do not eat fish.

Ingredients:

- 1 perch filet (ca. 500g)
- 2 small-medium zucchinis
- 40-50g sliced *lardo*
- 3-4 tbsp Parmigiano Reggiano cheese
- 3-4 tbsp breadcrumbs
- 2 tbsp parsley
- 1 clove garlic
- Extravirgin olive oil as needed

Procedure:

- Use a large-hole grater to grate the zucchini.
- Put in a bowl the grated zucchini, Parmigiano Reggiano, breadcrumbs, parsley and crushed garlic clove. Drizzle some extravirgin olive oil and blend everything into a dense, well-mixed paste.
- Into a baking pan with baking paper on the bottom place the perch and over it the slices of *lardo*.
- Cover the fish with the zucchini mixture, pressing down to make sure that it adheres well to the fish.
- Put into an oven pre-heated to 200°C for about 30 minutes. For the final few minutes, use the oven's broil feature to brown the crust.
- Remove and serve.

Note

The *lardo* not only serves to add flavour but to keep the perch soft and juicy (even if it is overcooked by mistake).