

Snapper has a mild, light flavor and is good fish for people who don't like a strong fishy flavor or "fish for people that don't like fish."



PECAN CRUST BREADING

- 1 cup bread crumbs
- 2 cups pecan pieces
- 1 teaspoon each: dried basil, dried oregano, whole leaf thyme, granulated garlic, granulated onion, white pepper

Pulse all breading ingredients in a food processor until medium fine.

Then put on a flat dish and set aside.

PECAN CRUSTED RED SNAPPER

- 6 boned snapper fillets, 6–8 oz. each, approximately ½" thick
- 2 eggs
- 1 cup milk
- 1 cup flour
- 1 cup olive or canola oil

In a flat dish, combine the eggs and milk. Whisk to create the egg wash.

Put flour in a flat dish. Then, holding the trout fillet by the tail, dredge it in the flour until well dusted. Pat off excess flour.

Pass floured fillet through the egg wash, wetting the entire fillet.

Place fillet in pecan meal breading mixture. Lightly press the mixture onto both sides of the fillet with the palm of your hand. Remove and shake off excess. Set aside on a dry sheet pan or cookie sheet until all the fillets are breaded.

Heat oil in large skillet or sauté pan over medium-high heat until it shimmers. Sauté fillets until golden brown. Sauté in batches of 2 or 3, so the oil does not cool down.

SPRING LEMON HERB SAUCE

This is a light, thin sauce that will hold for 30 minutes only.

- 1 cup chardonnay or white wine
- 1 shallot, minced
- 4 cloves garlic, minced
- 2 cups good chicken stock, reduced to 1 cup
- 1 cup mixed fresh lemon herbs: lemon balm, lemon thyme, sorrel, lemon basil, begonias
- 1-½ teaspoons salt or more
- ½ teaspoon white pepper
- ¾ lb. (3 sticks butter), cubed 1" and chilled

In a saucepan, reduce wine with garlic and shallots until almost dry.

Add reduced chicken stock and heat until boiling.

Add hot stock mixture and herbs to the blender and turn on high. Be careful. Cover top with towel and let expanded steam release.

Quickly add butter, 3 to 4 chunks at a time until all is in solution.

Add salt and white pepper.

PECAN CRUSTED RED SNAPPER **Atop Lemon Herb Sauce**

Serves 6

VARIATION:

How many nuts are there in the world? Pine nuts to pistachios, macadamias. Chef's nuts roasting on an open fire.

TOOLS:

Food Processor

Frying Pan

Spatulas

3 Flat Dishes for Breading Materials, Saucepan, Knife, Blender, Skillet or Sauté Pan

TIMING:

The pecan crust breading of the fish can be done the morning of the dinner. Store the breaded fillets between wax paper in the refrigerator until cooking time.