

FISH WITH PECAN BUTTER

Louisiana Kitchen

comments

Even if you don't care for fish, you'll love this recipe. The tastes of all the spices together are incredible.

notes

Serve with a vegetable and rice which don't require last minute work, because the last 6-7 minutes of cooking the fish are important, and fish must be served immediately. I often make the spices and pecan sauce the day before, even doubling it and putting half in the freezer for another day. My test for when fish is done is to prick with a skewer, in the thickest part. If you do that when you first put the fish in, then you can tell the difference when it's done — the skewer goes in easily.

prepare in advance

Have available

24 oz. of fish fillets (I like grouper)

Seasoning Mixture

Measure, combine and mix well

1 T salt
 1 tsp. onion powder
 1/2 tsp. garlic powder
 1 tsp. sweet paprika
 3/4 tsp. cayenne
 1/2 tsp. white pepper
 1/2 tsp. black pepper
 1/4 tsp. dry mustard
 1/4 tsp. dried oregano leaves
 1/4 tsp. dried thyme leaves.

Measure

1 tsp. lemon juice
 1/2 tsp. Tabasco
 4 T unsalted butter

Chop coarsely

Chop finely

Mince

3/4 C pecans (separate into 1/2 C and 1/4 C)
 2 T onions
 1/4 tsp. garlic

Measure together for fish dip

1 egg with
 1/2 C milk

Measure

1 C all-purpose flour

Have available

vegetable oil (I like peanut oil)

complete recipe

Add 1 T of seasoning mixture to the flour; mix well; put in pie tin or plate for dredging fish.
 Roast the pecans in an ungreased pan at 425 degrees for 7 minutes (watch to prevent burning)
 Blend the pecan butter sauce ingredients in a food processor (lemon juice, Tabasco, unsalted butter, chopped onions, minced garlic, and 1/2 C of the roasted pecans); set aside for later use.
 Put fish dip in another pie tin, after beating to combine.
 Sprinkle seasoning mix on both sides of the fish (the "heat" comes from this); pat by hand; save rest of seasoning mix for other recipes, if any is left.
 Dredge fish in seasoned flour; shake off excess.
 Soak fillets in egg mix.
 Heat to 350 degrees in 1/4 inch of vegetable oil in large heavy skillet (do not save oil afterwards).
 Drain off egg mixture; dredge once more in flour; be sure to shake off excess.
 Fry until golden brown 2-3 minutes per side; be sure oil is hot at beginning; adjust as needed.
 Drain on paper towels.
 Put on warmed plates in a 250 degree oven.
 When ready to serve, spread on 2T of pecan sauce on top of fish.
 Sprinkle with the 1/4C of extra pecans.