



Pecan Crusted Fish with Crab Salad & Crushed Corn Sauce

Commanders Palace

1403 Washington Avenue; New Orleans, LA 70130; 504-899-8221

Opened 1893 Nestled in the middle of the tree lined Garden District, Commanders Palace is one of New Orleans's oldest restaurants. Atmosphere & southern charm have been a part of this restaurant for over 125 years. Tantalize your taste buds with Creole & Louisiana delicacies that will leave you with an unforgettable culinary experience. Countless awards & accolades have been bestowed on this culinary legend throughout its storied history.

- 1 ½ cups (5 ounces) pecan halves
- 1 ½ cups all-purpose flour
- Creole seafood seasoning to taste or your favorite Creole seasoning
- 1 medium egg
- 1 cup milk
- 6 fish fillets, 5-7 ounces (use flounder, bass, catfish or any thin, smaller, non-oily fish)
- 4 Tbsp butter
- 4 ounces mixed baby greens
- 2 Tbsp mixed fresh herbs (basil works well)
- ½ lb Champagne-poached jumbo lump crabmeat, picked free of shell
- 2 Tbsp cane vinegar
- Kosher salt & freshly ground black pepper to taste



Place the pecans, flour & Creole seasoning in a food processor & process until finely ground. Transfer the pecan flour to a large bowl.

Whisk the egg in a large mixing bowl & add milk. Season both sides of the fish fillet with Creole seasoning. One at a time, place the fillets in egg wash. Remove one fillet from egg wash, letting any excess fluid drain back into the bowl. Dredge the fillet in pecan flour & coat both sides, shaking off any excess. Transfer to a dry sheet pan & repeat with the remaining fillets.

Place a large skillet over high heat & add 2 Tbsp of butter. Heat for about 2 minutes, or until butter is completely melted and starts to bubble. Place 3 fish fillets in the pan & cook for 1 ½ minutes per side, or until fish is an even brown. Remove fish, place on a baking rack, wipe the pan clean with a paper towel, add another 2 Tbsp of butter & repeat with the 3 remaining pieces of fish.

In a large bowl, toss greens, herbs, crabmeat & vinegar & season with salt & pepper. Divide the corn sauce in 6 serving plates, place trout in center of sauce & top with the salad

Crushed Corn Sauce

½ gallon cream
5 ears of corn
1 oz butter
1 oz flour
1 oz chopped thyme
1 chopped onion

Combine butter & flour & cook until dark (roux). Cut corn off cob & place in cream. Bring to a boil & add chopped onion. Add roux & chopped thyme. Return to a boil. After the sauce thickens, add crushed corn. Salt & pepper to taste.

Yield: 6 servings

As always, Bon Appetit!