

## Catfish Pecan Meunière Palace Café

605 Canal Street New Orleans, LA 70130 504-523-1661

Opened 1991 ..... This classic New Orleans restaurant is housed in the historic Werlein's music building at the foot of the French Quarter. Whether dining outdoors taking in the local *CULTURE* or dining indoors in the upbeat & lively grand café, guests will ease into a superior dining experience feasting on updated versions of classic New Orleans favorites.

### Spiced Pecans

- 3 cups pecan halves or pieces
- 2 Tbsp butter, softened
- 2 Tbsp sugar
- 2 Tbsp Creole seasoning
- 2 Tbsp Worcestershire sauce

Combine pecans with butter, sugar, Creole seasoning & Worcestershire sauce in a bowl & mix until the pecans are evenly coated. Spread on a baking sheet & toast at 350° for 10-15 minutes or until golden brown. Cool to room temperature.

### Creole Meunière Sauce

- 1 lemon, peeled, cut into quarters
- ½ cup Worcestershire sauce
- ½ cup Crystal hot sauce
- ½ cup heavy whipping cream
- 2 cups butter, chilled, cut into small pieces
- Kosher salt & white pepper to taste

Combine the lemon, Worcestershire sauce & hot sauce in a heavy saucepot. Cook over medium heat until the liquid is thick & syrupy, whisking constantly. Whisk in the whipping cream & reduce the heat to low. Add the butter one piece at a time, mixing until the butter has been completely incorporated after each addition. Remove from heat & stir until smooth. Season with Kosher salt & white pepper. Strain through a fine strainer into a saucepot & keep warm.

### Catfish

- 3 eggs
- 1 cup milk
- 1 cup all-purpose flour
- 6 (5-7 oz) catfish fillets
- Creole seasoning to taste
- Vegetable oil for sautéing

Beat the eggs & milk in a mixing bowl. Combine half the spiced pecans with the flour in a food processor & pulse until finely ground. Spread the pecan flour evenly on a flat surface.

Trim the catfish fillets & season on both sides with Creole seasoning. Dip fillets in eggs wash, then press them into the pecan flour to coat well.



Heat oil in a large skillet or sauté pan until hot but not smoking. Add the catfish fillets & sauté for 4-5 minutes or until light brown on the bottom. Turn the fillets with a spatula, taking care not to break the pecan crust & sauté for 3-4 minutes longer or until brown.

Serves 6

**To Serve:** Place the catfish fillets on serving plates & top with the sauce & remaining spiced pecans.

*As always, Bon Appetit!*