

**Pointe Coupee Pecan**

225-490-2025

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## **Pecan-crusted Fish with Orange, Thyme Meuniere**

### Bayona

430 Dauphine Street New Orleans, LA 70112 504-525-4455

Opened 1990 ..... Located in an over 200 year old Creole cottage in the heart of the romantic French Quarter, Bayona provides fine dining in a comfortable & casual setting. The diverse menu offers classic favors with a unique twist with influences from Spain, Italy & France balanced with flavors of the Mediterranean, India & the Orient. Using the freshest local ingredients to craft flavorful, balanced yet complex dishes is a Bayona signature.

- 4 fillets of Snapper, Redfish, Drum or Trout
- ½ cup pecans
- ½ cup flour
- ½ tsp dried thyme or 1 tsp fresh
- 1 tsp orange zest, chopped
- ½ tsp cayenne pepper
- 1 egg beaten with ½ cup milk or buttermilk
- 3 Tbsp oil or clarified butter

Season fillets with salt & pepper & set aside. Pulse pecans, flour, thyme, zest & cayenne pepper in food processor until well blended, but not too powdery. Dip fish into egg mixture then into pecan flour mixture. Press to coat the filets then set aside.

Heat oil or clarified butter in a large 10-12 inch sauté pan & when almost hot but not smoking, add the fish filets, presentation side down. Reduce heat to medium or medium-low & cook for 4-5 minutes on each side. Remove to a platter or plates & keep warm while you make the sauce.

#### **Sauce**

- 2 Tbsp whole butter
- 1 Tbsp each orange & lemon juice
- 1 Tbsp parsley, chopped
- Hot sauce
- Salt & pepper

Melt the butter in a pan & let it foam & turn golden brown. Swirl the pan to see the milk solids on the bottom. When nice & brown, pour in the juice & swirl to mix. Add parsley, salt, pepper & a few drops of hot sauce & spoon evenly over the fish. Serve immediately!

Serves 4

As always, Bon Appetit