

That's what I'm talking about

HAMILTON
relay

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"I chose this recipe in honor of a fellow co-worker, Henry Brinkmann, since fish is the only meat he prefers to eat. This fish recipe is my favorite served to a special guest for dinner."

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North Idaho Pecan Fillet of Fish

Ingredients:

1 cup finely chopped pecans, divided

1/2 cup cornmeal

1 tsp salt, divided

1 tsp black pepper, divided

4 (6 oz) white fish fillets

(My favorite is catfish!)

1/2 cup butter, divided

1/2 cup heavy whipping cream

2 Tbsp lemon juice

1 to 2 Tbsp of minced fresh parsley

Directions:

1. In a shallow bowl, combine 1/2 cup cornmeal, 1/2 teaspoon salt and 1/2 teaspoon of pepper.
2. Coat fish fillets with pecan mixture. In a large skillet, melt 1/4 cup butter over medium high heat; fry fillets for 6 to 7 minutes on each side until fish flakes easily with a fork. Remove and keep warm.
3. In the same skillet, melt remaining butter over medium heat. Add remaining pecans; stir for 1 minute. Add the cream, lemon juice and remaining salt and pepper. Cook and stir for 1 minute. Stir in the parsley and spoon over the fish.

Enjoy!