

Pecan Crusted Fish

Prep Time: 20 min

Cook time: 12-18 min

Essence (Emeril's Creole Seasoning)

Serves: 4

2½ Tbsp paprika

1½ Tbsp salt

2 Tbsp garlic powder

1 Tbsp black pepper

1 Tbsp onion powder

1 Tbsp cayenne pepper

1 Tbsp dried leaf oregano

1 Tbsp dried thyme



Combine all ingredients and mix thoroughly. Store in an airtight jar or container.

Creole Meunier Sauce

4 green onions (scallions), diced

1 tsp minced garlic

½ cup white wine

2 Tbsp organic butter

1 Tbsp Emeril's Essence Seasoning

In a sauté pan, combine the green onions, garlic and wine together. Bring to a boil, and reduce to a simmer. Reduce the wine by half, about 2 -3 minutes.

Melt the butter cubes until the sauce is slightly thick.

Season with Essence Seasoning

Pecan Crust

2 cups raw pecans

¼ cup olive oil

1 Tbsp Essence Seasoning

In a food processor, combine the pecans and seasoning. Puree the mixture until it resembles a mealy texture, with small pieces of nuts.

In a mixing bowl, combine the pecan crust, Creole Sauce and olive oil. Mix together well with a spatula or wooden spoon.

Fish

4 - 4 oz. white fish fillets (talapia, swai, walleye, etc)

Rinse and pat dry thawed fish fillets.

Pre-grease a glass cooking pan with butter, coconut or olive oil.

Arrange fillets in pan.

Scoop pecan crust and cover each fillet fully and evenly.

Bake at 400° for 11-18 minutes, checking regularly. Fish is done when thickest part flakes easily with a fork.

Modified by Marisa Reyes

from Emeril Lagsse's Pecan Crusted Cod Fish on FoodNetwork.com