



# Catfish Pecan Meuniere

NIBBLEDISH CONTRIBUTOR

## Ingredients

### Pecan-Crusted Fish

- Six 5-7 ounce catfish filets
- 2 cups roasted pecans
- 1 cup flour
- 3 eggs
- 1/2 cup milk
- Creole/Cajun seasoning
- 2 ounces vegetable or grapeseed oil

### Meuniere Sauce

- 1 1/2 lemons, peeled and quartered
- 3 1/2 tablespoons Worcestershire sauce
- 1 1/2 tablespoons hot sauce [I.E. Tabasco]
- 4 tablespoons heavy cream
- 1 pound unsalted butter
- 1/8 teaspoon kosher salt
- 1/8 teaspoon white pepper

## Instructions

### Pecan-Crusted Fish

1. Lightly season the catfish filets with Creole/Cajun seasoning.
  2. Puree the pecans and a little bit of bread crumbs in a food processor [you don't have to use the bread crumbs]. Place in a shallow bowl or plate and set aside.
-

- 
3. In a medium bowl, make an egg wash by whisking together the eggs and milk; set aside. Place flour in a separate shallow bowl or plate; set aside.
  4. Bread filets by first coating them with the flour and then placing them in the egg wash. Press each filet into the pecan/bread crumb mixture. Make sure the entire filet is well coated in the mixture.
  5. Cover the bottom of a large skillet or saute pan with the oil and heat. Gently place the fish in the hot oil and cook until lightly brown; flip and repeat.
  6. If the fish is not completely cooked all the way through, place in a shallow baking pan and cook for an additional 5 to 8 minutes in an oven at 450 degrees F.

### Meuniere Sauce

1. In a large saute pan, combine lemons, hot sauce, Worcestershire sauce, and cream. Whisk over medium heat, stirring constantly for 3 to 4 minutes. As you stir, press gently on the lemons to slowly release the juices.
2. Slowly add in the butter 1 tablespoon at a time while stirring constantly. As you add the last of the butter, remove from heat, and continue to stir.
3. Add the salt and pepper. Mix well.
4. Strain through a fine strainer or chinois.

To serve, spoon Meuniere sauce over the fish filets. Enjoy.