

FJORD

FISH MARKET



Pecan-Crusted Halibut with Dijon Cream Sauce

Ingredients	Instructions
<ul style="list-style-type: none">• 8 skinless halibut fillets• 1.25 cups pecans, finely chopped• 1.25 cups breadcrumbs• 1 cup flour• 2 large eggs• 2 tsp. + ½ cup course grained Dijon mustard• ½ tsp. sea salt• ¾ tsp. ground pepper• ¼ cup butter• 1 cup heavy whipping cream (for Dijon Cream Sauce -see recipe below). <p>Cream Sauce: Combine 1 cup heavy cream with ½ cup Dijon mustard. Cook over low heat for 3 minutes. Salt/pepper to taste.</p>	<p>Combine flour, salt & pepper in a shallow bowl. Whisk mustard and eggs in another shallow bowl. Combine pecans and breadcrumbs in a third shallow bowl.</p> <p>Dredge each halibut fillet in flour mixture, shaking off excess. Dip Halibut in egg mixture to coat; drain excess. Place halibut in pecan mixture, pressing slightly to coat both sides of fillet.</p> <p>Melt 2 tablespoons butter over medium heat. Add fillets in batches; cook 2 minutes each side until lightly browned. Add additional butter as needed. Arrange fillets on a foil-lined baking sheet and bake at 350 for 10 minutes or until done. Serve with cream sauce.</p>