



## Pecan-Crusted Redfish With Honey Mustard Sauce

Fresh redfish fillets are coated with a nutty, spicy coating of chopped pecans, pan-fried to crunchy perfection and topped with a tangy sweet sauce.

### Ingredients

#### SAUCE:

- ½ c mayonnaise
- ½ c honey mustard
- 1 tbsp fresh parsley, chopped
- 3 green onions, finely chopped
- Juice of 1-2 lemons
- Salt and pepper to taste

#### PECAN CRUST:

- 1 c pecans, finely chopped
- 2 c finely crushed potato chips
- ½ tsp Cajun seasoning

#### BATTER:

- 1 c milk
- 1 egg
- ½ c all-purpose flour
- ¼ tsp Cajun seasoning

#### REDFISH:

- 4-6 medium redfish fillets
- Canola oil
- 1 stick unsalted butter

### Directions

#### SAUCE:

Whisk together all ingredients and set aside.

#### REDFISH:

In a large bowl thoroughly combine the pecans, potato chips and Cajun seasoning.

In a separate bowl make the batter by whisking together the milk, egg, flour and Cajun seasoning.

Dip each fillet in the batter, then press into the pecan-chip mixture, getting a heavy, even coating on both sides. Repeat with all fillets, set aside and let sit about 10 minutes before cooking.

Heat 3 tablespoons butter and 3 tablespoons oil in a large frying pan over medium-high. Once oil is hot, add fillets and pan fry until crust is browned and fish is cooked through, about 4 to 5 minutes per side.

#### TO SERVE:

Place fillet on a plate and spoon sauce over the top. Garnish with extra green onions and parsley. Serve immediately with your favorite sides.

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