



Pistachio Crusted Flounder

Makes 6

Ingredients

For the fish:

- 1/4 cup olive oil
- 6 flounder filets
- 1/2 cup flour
- 2 eggs, lightly beaten
- 1 1/2 cups panko crumbs
- 1 1/2 cups shelled pistachio nuts, coarsely ground
- 2 tbsp dried parsley
- 2 tbsp dried minced onion
- salt and pepper
- Minneola Beurre Blanc (recipe follows)

For the Beurre Blanc:

- 1/4 cup minced shallot
- 1/2 cup white cooking wine
- 3 tbsp fresh Minneola juice
- 3/4 cup heavy cream
- 1/2 tsp. ground ginger
- 6 tbsp softened butter, cut into chunks
- salt and pepper to taste

Directions

For the fish:

1. Season fish with salt and pepper.
2. Heat olive oil, 2 tbsps at a time, in a large skillet over medium-high heat.
3. Put flour in a plate for dredging and eggs in a bowl for dipping. Set aside.
4. Mix together panko, nuts, parsley and onion in a wide shallow bowl or baking dish.
5. Dredge each filet in flour and dip in egg to cover. Then, coat with the panko mixture, gently pressing the coating to make it stick.
6. Saute the filets in the skillet, about 2-3 minutes per side until golden brown. Add the additional oil as needed for frying. Drain on a plate lined with paper towels.
7. Plate the fish on a nice platter and drizzle with the beurre blanc.

For the Beurre Blanc:

1. Combine shallots, wine and juice in a small sauce pan and bring to a boil over medium-high heat. Continue on a low boil until liquid is reduced to 1/3.
2. Stir in cream and ginger and simmer until mixture begins to thicken. Remove from heat and whisk in butter, one chunk at a time, until fully incorporated. Add salt and pepper to taste.
3. Serve immediately.