

## Almond Encrusted Snapper

### ANOTHER FRESH SEAFOOD IDEA

Recently, our Nutrition Leaders developed several very successful recipes for nut-encrusted fillets.

Once used primarily for snacking, nuts had a bad reputation because they are high in fat. But now we know that they contain healthy monounsaturated fats which reduce the risk of heart disease. And they are high in protein, B vitamins and fiber.



Now widely used in cooking, nuts add flavor and texture to many dishes and are particularly compatible with fish. They are best with thinner fillets so that they do not burn before the fish is done.

Almonds are probably the classic nuts used in cooking, but we were also successful with walnuts, pistachios, hazelnuts, combinations of nuts and combinations of nuts and fresh herbs. Cashews and pine nuts are popular, too.

You will notice that this recipe also calls for  $\frac{1}{4}$  cup cream. But it won't offset the benefits of the nuts—it's  $\frac{1}{4}$  cup divided among 8 people.

4 medium snapper fillets cut into halves  
1 cup flour  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{4}$  teaspoon freshly ground black pepper  
1 egg, beaten  
 $\frac{1}{2}$  cup milk  
 $\frac{1}{2}$  cup finely chopped almonds  
2 tablespoons canola oil  
2 tablespoons butter or margarine  
 $\frac{1}{2}$  cup dry white wine  
 $\frac{1}{4}$  cup heavy cream  
1 tablespoon fresh lemon juice  
salt  
freshly ground white pepper

In a shallow dish, combine flour, salt and black pepper. In another dish, combine egg and milk.

Dredge fish in flour mixture, gently shaking off excess. Dip flesh side of fish in egg mixture. Coat same side with almonds. Place in pan and refrigerate for 15 minutes.

Heat oil in large skillet. Add 2 tablespoons butter and heat. Sauté fish, nut side down, until just golden brown, about 5 to 6 minutes, being careful not to burn almonds. Turn and repeat on other side. Remove to serving platter.

Add wine to pan, scraping up any remaining bits. Cook until reduced by half. Add cream and cook over low heat until slightly thickened. Add remaining 1 tablespoon butter and lemon juice and mix well. Salt and pepper to taste. Drizzle over fillets. Serves 8.

**Contributed by Joyce Taylor**