



**RECIPE NAME:** Hazelnut Encrusted Fish

**FROM THE KITCHEN OF:** David '77 and Sandra '78 Wright

### INGREDIENTS:

Fish (white fish of your choice)  
salt and pepper  
1 c crushed hazelnuts  
1/2 c crushed pork rinds  
3 eggs  
1 tsp water  
flour to coat  
oil for cooking  
lemon or melted butter to top

### INSTRUCTIONS:

Preheat oven to 350. Rinse fish and pat dry (1/4 - 1/2 lb per person). Lightly season fish with salt and pepper and set aside. In a shallow dish, stir together crushed hazelnuts (1 cup) and (1/2 cup) crushed pork rinds. In another dish, whisk 3 eggs with 1 tsp water. In a third dish, add flour. (some prefer rice flour). Dip the fish first in the flour, then in the egg, and finally into the nut mixture. Repeat with each filet, pressing down to ensure the coating sticks. Heat oil in a large skillet over medium heat. (Peanut or Canola oil) Add fish to skillet and cook 3-4 minutes each side, until nicely browned. Carefully transfer fish to a greased baking dish, and place in the oven for 10 minutes, until fish is cooked through and flakes easily with a fork. Drizzle with lemon/butter sauce

