



# Pecan Crusted Halibut

Use any mild tasting white fish such as grey cod, bass or snapper. Pecans are rich and buttery and result in a really crispy fillet without frying.

## Ingredients:

1 LB Halibut fillet  
1/3 cup flour  
1 egg, beaten with 1 tsp milk  
1/3 cup panko  
1/3 cup roasted pecans, chopped fine  
1/2-1 tsp Ethiopian Berbere  
Salt and pepper to taste

**Spices Used:** Ethiopian Berbere

## Instructions:

- Preheat oven to 400°F.
- 2 - Rinse the fish and pat dry.
- 3 - Place flour on a plate and add a bit of salt and pepper and mix together.
- 4 - Beat egg in another wide bowl.
- 5 - On another plate, mix panko, chopped pecans and Ethiopian Berbere.
- 6 - Dredge each fillet in flour, then egg, then coat in pecan-panko mix and sprinkle with a little extra salt.
- 7 - Place fish on a baking sheet lined with parchment paper.
- 8 - Bake fish at 400 for 8-10 minutes depending on thickness of the fillet.
- 9 - For the last 2 minutes broil the fish until crust browns.
- 10 - Serve with slices of lemon and chopped herbs