

## **Pecan Crusted Cod Filets**

Courtesy of Carole's Creations

Prep Time: 15 minutes

Cooking Time: 15 minutes

Serves: 4

**CChints:** Cod is a very mild white fish. If you can't find Cod, you can substitute Mahi Mahi, Tilapia or Grouper. Panko crumbs will give your fish a crunchy texture and can be found with the Asian food or bread crumbs in your supermarket.

You will use 2 Tablespoons of my Carole's seasoning in this recipe. The recipe is below.



1/2 cup pecans, toasted  
1/2 cups Panko bread crumbs  
1 Tablespoon Carole's seasoning blend, recipe below  
1/8 cup olive oil  
4 (6 ounce) cod filets  
White wine with capers sauce, recipe below

Preheat oven to 400 degrees F.

To toast the pecans, heat a nonstick over medium heat and add the pecans. Stir frequently to allow them to toast but not burn, about 5 minutes. Transfer them to a cutting board and allow to cool slightly while you prepare the rest of the crumb mixture. In a shallow dish or plate, measure bread crumbs and seasonings. Use a knife to chop the pecans into very small pieces. Add the pecans to the crumb mixture and blend well.

Rinse and dry off the fish. Use a sauté pan that can go into your oven. Heat the olive oil over medium heat. Dredge the fish in the crumb mixture on both sides and lay in the hot oil. Sauté for 2 minutes on each side. If you have any crumbs left over, sprinkle on top of the fish and place the pan in the oven. Bake for 6 to 8 minutes until the crust is golden brown and the fish is cooked all the way through. While the fish is baking, prepare the side dish of your choice and the wine sauce, below.

Carole's Seasoning Blend: Cut these ingredients in half if you don't want to make 1/3 cup.

1 Tablespoon + 1 teaspoon smoked paprika  
2 teaspoons chili powder  
1 Tablespoon onion powder  
1 Tablespoon dried oregano  
1 Tablespoon garlic powder  
1 Tablespoon salt  
1 teaspoon black pepper  
1 teaspoon cumin  
1 teaspoon dried thyme  
1 teaspoon dried basil

Combine all ingredients thoroughly and store in an airtight jar or container in a dark location, like in your cabinet. Herbs will retain the color and flavor longer when they are stored in a dark area. Makes about 1/3 cup. Can be used in a variety of recipes on this website.

White Wine Sauce:

2 Tablespoons minced shallots

1 teaspoon minced garlic, fresh or from a jar

1/2 cup white wine, use the same wine you are serving at dinner

1 Tablespoons Carole's Seasoning blend

4 Tablespoons cold butter, cut into 4-6 pieces

1 Tablespoons capers, rinsed and drained

Heat a sauté pan over medium heat and add the shallots and garlic. Cook and stir for 1 minute. Slowly pour in the wine and add the seasoning and wine, bring to a boil, then reduce the heat to a simmer and add the capers. Allow the wine to simmer for 3 minutes and reduce by nearly half. Add the butter and stir to combine it into the sauce. Remove the pan from the heat.

When the fish is done, remove the pan from the oven. Divide the wine sauce evenly to the 4 serving plates and keep it to one side. Place one piece of fish in the center of the sauce. Add your side dish to the plate and serve.