

Almond and Parmesan Encrusted Fish



½ cup sliced almonds
½ cup grated parmesan cheese
Salt and pepper
2 fillets of grouper or snapper, cuts 1-inch thick or thicker will work best
½ cup flour
1 egg, well beaten
¼ cup olive oil

Spread the sliced almonds on a cookie sheet and put them in the oven on broil for about two minutes. This time varies greatly depending on your oven so watch the almonds closely, they can burn easily.

Once the almonds are toasted to a light brown remove them from the oven and pre-heat the oven to 350° F. Chop/crush the toasted almonds into fine pieces and combine with the parmesan cheese. Add salt and pepper to taste (about ½ tsp of each). Combine this coating mixture well with a fork.

Dredge the fish lightly in flour then dip it in the beaten egg. Roll the fillets in the almond-parmesan coating and press the coating lightly onto the fillets.

Heat the olive oil in an iron skillet and sear the fillets for about one to two minutes on each side. The fillets will be dark brown (but not burned) on the outside and not yet done in the middle. Place the seared fillets in a baking dish and put them in the oven at 350° F for about 15 minutes. This time will also vary depending on your oven and the thickness of the fish. The fish is done when it can be easily pulled apart and is white and flaky all the way through, or 145° F. Remove the fish from the pan and serve immediately.