

Our State eats

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Pecan-Crusted Flounder

Yield: 4 fillets.

- 1 cup finely chopped pecans (not ground)
- ¼ cup unseasoned bread crumbs
- 2 tablespoons lemon zest (about 3 lemons' worth)
- 2 eggs, slightly beaten
- 2 tablespoons whole milk
- 4 (6-ounce) fresh flounder fillets
- 1 teaspoon salt
- 1 teaspoon pepper
- 2 tablespoons olive oil
- 2 tablespoons butter
- Lemon wedges

In a shallow bowl, mix pecans, bread crumbs, and lemon zest. In a separate shallow bowl, beat eggs and milk with a whisk or fork.

Sprinkle both sides of fish with salt and pepper. Coat fish with egg mixture, then coat well with pecan mixture, pressing slightly into fish.

Heat oil and butter in a nonstick skillet over medium heat. Add fish. Cook 2 to 3 minutes per side, turning once carefully. Pour remaining butter over fish before serving.

Serve with lemon wedges.



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