

# Pecan-Crusted Catfish w/ Creamy Lemon-Garlic Sauce

## *Eddie's Note:*

This recipe was inspired by an awesome meal we had at Surf House restaurant in Carolina Beach. It is our favorite restaurant on the island, and have always had great meals there. This recipe was adapted from Americas Test Kitchen, and is a great, make-at-home version of it. You could also use trout, or another similar fish. I hope you love this fish as much as we do.

## INGREDIENTS

- ½ cup mayonnaise
- 1 tablespoon minced fresh parsley
- 1 ½ teaspoons grated lemon zest plus 2 teaspoons juice
- 1 small garlic clove, minced
- 1 cup pecans
- ¼ cup panko bread crumbs
- Salt and pepper
- ⅛ teaspoon cayenne pepper
- 1 large egg
- 1 teaspoon Dijon mustard
- 4 (6-8 ounce) catfish filets
- ¼ cup vegetable oil

## INSTRUCTIONS

SERVES 4

Note that the lemon zest is divided. If you store your pecans in the freezer, let them come to room temperature before processing for best results.

### Description Text

1. Combine mayonnaise, parsley, 1/2 teaspoon lemon zest, lemon juice, and garlic in bowl. Chill until ready to serve. (Sauce can be refrigerated for up to 3 days.)
2. Process pecans and panko in food processor until pecans are finely chopped and mixture resembles coarse meal, 10 to 12 pulses. Transfer to shallow dish. Stir in 1/2 teaspoon salt, 1/2 teaspoon pepper, cayenne, and remaining 1 teaspoon lemon zest. Whisk egg, mustard, 1/4 teaspoon salt, and 1/4 teaspoon pepper together in second shallow dish.
3. Adjust oven rack to middle position and heat oven to 200 degrees. (Or heat up your warming drawer) Place wire rack inside rimmed baking sheet. Pat catfish dry with paper towels and season with salt and pepper.
4. Working with 1 fillet at a time, dredge catfish in egg mixture, allowing excess to drip off. Dip catfish in pecan mixture, pressing gently to adhere. Transfer fish filet to large plate and repeat with remaining fillets.
5. Heat 2 tablespoons oil in 12-inch nonstick skillet over medium heat until shimmering. Place 2 or 3 fillets in skillet, pecan side down and in alternating directions to fit. Cook until pecan coating is browned and fragrant, 3 to 4 minutes. Using 2 thin spatulas, carefully flip fillets. Continue to cook until catfish flakes easily with fork, 2 to 3 minutes longer. Transfer filets, pecan side up, to wire rack and keep warm in oven.
6. Wipe skillet clean with paper towels. Repeat with remaining 2 tablespoons oil and remaining fillets. Serve with lemon-garlic sauce.