

Pecan Coconut Crusted Grouper with Mango Salsa

Makes 6 Servings

Recipe: by Greg Strahm, The Silver Chef

Served on a bed of Couscous or Lemon Herbed Quinoa with Toasted Pine Nuts, this is the perfect entree for any seafood lover. It is equally delicious with fresh mahi, tuna, salmon, or cod.



GROUPER

6 (6-ounce) pieces grouper filets
1 cup flour
3 eggs, beaten
1 cup pecans, finely chopped
1 cup shredded coconut
2 tablespoons olive oil
2 tablespoons butter
salt and freshly ground black pepper, to taste

MANGO SALSA:

1 ripe mango, in small dice
1 pepper, seeded, in small dice
1 jalapeno pepper, seeded, in small dice
2 key limes, juiced
1 lemon, juiced
1/3 cup chopped cilantro, chopped
4 scallions, chopped
splash red wine vinegar
drizzle EVOO

GROUPER

1. Combine coconut and chopped nuts in processor and pulse to a crumb-like texture.
2. Dredge filets in flour, dip in beaten eggs, then dredge in pecan/coconut crumbs and press filets to adhere.
3. In a heavy ovenproof skillet heat olive oil and butter over medium heat until until butter is melted. Place crusted filets in skillet and brown approximately two minutes or until crust starts to brown. Do not crowd the pan. Turn filets over and place entire skillet in a preheated 375° F oven and bake for 10-12 minutes or internal temperature reaches 125° F.
4. Remove from oven when you see milky juice coming to top of filets. Let stand for five minutes to complete cooking.
5. Plate and spoon salsa over filets.

MANGO SALSA

1. Combine all ingredients in a bowl and chill.