

Pecan Coconut Crusted Grouper with Mango Salsa



Serves: 6

Developed by Greg Strahm

This is my go to entree for dinner parties where we have guests who do not eat meat but will eat seafood. Because my husband is gluten free I substitute regular flour with measure for measure gluten free flour to dredge filets. Voila! this is now a gluten free entree and no one is the wiser. I also serve over my Lemon Herbed Quinoa with Toasted Pine Nuts.

Ingredients:

GROUPEL	
6 (6-ounce) pieces	grouper filets
1 cup	all purpose flour
3	whole eggs, beaten
1 cup	pecans, chopped fine
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	seeded red pepper, in small dice

1	medium seeded jalapeño pepper,in small dice
2	key limes,juiced
1	lemon,juiced
1/3 cup	chopped cilantro
4	scallions chopped (white portion)
	splash of red wine vinegar
	splash of olive oil

Directions:

GROUPER:

1. Dredge grouper in flour and shake off excess.
2. Combine bread crumbs and chopped nuts.
3. Dredge filets in flour, dip in beaten eggs, then dredge in chopped pecans followed by coconut. Press filets to adhere pecans and coconut.
4. In a heavy ovenproof skillet heat olive oil and butter over medium heat until until butter is melted and hot.
5. Place crusted filets in skillet and brown approximately two minutes or until crust starts to brown.
6. Turn filets over and place entire pan in a preheated 375° F oven and bake for 10-12 minutes or internal temperature reaches 130° F.
7. Remove from oven when you see milky juice coming to top of filets. Let stand for five minutes to complete cooking.
8. Plate and spoon salsa over filets.

MANGO SALSA:

1. Combine all ingredients in a bowl and chill.