

# PECAN-CRUSTED PANGASIUS WITH CHEDDAR GRITS



## Ingredients

Servings: 12

- 2 cups water
- 2 cups whole milk
- 6 ounces grits, dry
- 1 1/2 teaspoons kosher salt
- 1/4 cup heavy cream
- 2 tablespoons unsalted butter
- 6 ounces sharp cheddar cheese, shredded
- 2 cups pecans, chopped finely
- 2 cups white cornmeal
- 1 1/2 cups all-purpose flour
- 1/4 cup Italian parsley, chopped
- 1 tablespoon kosher salt
- 1 1/2 teaspoons black pepper
- 8 ounces
- 12 Pangasius fish fillets, 3-5 ounces each
- 6 tablespoons olive/canola oil blend
- 1 tablespoon garlic, minced
- 3 cups fresh tomatoes, 1/2-inch diced
- 3 tablespoons fresh sage, chopped
- 1 teaspoon kosher salt
- 1 teaspoon black pepper

- For the grits: Bring the water and milk to a boil in a saucepan and reduce to a simmer. Slowly add in the grits while stirring to prevent lumping. Add 1 1/2 teaspoons salt and cook for 5 to 8 minutes until done, stirring occasionally. Add the cream and butter, and stir until the butter is melted. Remove from the heat and stir in the cheese until incorporated. Transfer to a hotel pan, wrap and hold hot for service.
- For the fish: Combine the pecans, cornmeal, flour, parsley, tablespoon salt and 1 1/2 teaspoons pepper in a wide shallow bowl. Dredge each fillet in the breading mix and pack lightly to coat well. Letting the fillets rest for 2 minutes; this will help keep the crust intact while cooking.
- Heat a large sauté pan(s) over medium heat and add 8 ounces of oil. Carefully place the fillets in the pan, presentation side down, and cook for 3 to 4 minutes on each side, until the internal temperature reaches 155 F. If the crust is golden brown and the internal temp is not reached, transfer to a sheet pan and finish in a 350 F oven.
- Arrange the fillets on top of the cheddar grits.
- In a sauté pan over medium high heat, sauté the garlic in 6 tablespoons oil until tender (less than 1 minute). Add the tomatoes and sage, and sauté for 2 minutes. The tomatoes should still be firm. Season with salt and pepper. Scatter the tomatoes on the fish and grits.

## Side dishes

- Grits
- Collard Greens

