



PAN-FRIED BLACK DRUM RECIPE WITH PECAN MEUNIÈRE SAUCE

2-4 oz black drum fish filets (substitute snapper, grouper, red drum or striped bass, if needed)

1 cup milk

1 egg

1 teaspoon Dijon mustard

1 teaspoon kosher salt

1/4 teaspoon cayenne pepper

1 cup all purpose flour

1/2 cup neutral oil (like olive, grape seed or safflower seed)

Meniere Sauce:

1 stick butter

1 cup chopped pecans

1/2 teaspoon kosher salt

1 teaspoon white wine vinegar

2 teaspoons fresh Meyer lemon juice/1 teaspoon Meyer lemon extract (Amazon)

1 tablespoon finely minced parsley

METHOD:

Preparing the Fish:

1. Rinse the black drum filets and pat them dry.

2. In a small mixing bowl or shallow dish, whisk together the milk, egg, mustard, kosher salt and cayenne pepper. Spread the cup of flour on shallow dish like a dinner plate.

3. First dredge the fish in the flour, then into the egg/milk mix and then back into the flour.

4. Lay in a single layer on a flat surface like a plate or baking sheet. Allow the battered fish filets to sit while making the Meniere sauce.

Meniere Sauce:

1. Start by melting butter in a large, wide skillet over low heat. Watch it carefully to make sure butter doesn't burn. Continue to cook for about 6-7 minutes, until butter is golden brown and milk fat solids have browned lightly as well.

2. Add pecans and cook for about one minute, until they are shiny and slightly toasted in the butter. The butter will be foamy at this stage.

3. Remove from heat. Whisk in the kosher salt, champagne vinegar and Meyer lemon juice. Set aside for now.

Finishing the Dish:

1. Add the neutral oil to a skillet and heat over medium-high heat.

2. When the oil starts to shimmer, add the black drum filets.

3. Cook about 2 minutes per side. Don't overcook the fish - it will dry out.

4. Set fish filets on plate. Whisk the parsley into the Meniere sauce and then divide it between the two fish pieces.

5. This fish dish is delicious served with mashed turnips and braised collard greens. If cooking those, prepare ahead of time and then cook the black drum and Meniere sauce last.