

Use any mild tasting white fish such as grey cod, bass or snapper. Pecans are rich and buttery and result in a really crispy fillet without frying.

1 LB Halibut fillet

1/3 cup flour

1 egg, beaten with 1 tsp milk

1/3 cup panko

1/3 cup roasted pecans, chopped fine

1/2-1 tsp Ethiopian Berbere

Salt and pepper to taste

Ethiopian Berbere

1 - Preheat oven to 400°F.

2 - Rinse the fish and pat dry.

3 - Place flour on a plate and add a bit of salt and pepper and mix together.

4 - Beat egg in another wide bowl.

5 - On another plate, mix panko, chopped pecans and Ethiopian Berbere.

6 - Dredge each fillet in flour, then egg, then coat in pecan-panko mix and sprinkle with a little extra salt.

7 - Place fish on a baking sheet lined with parchment paper.

8 - Bake fish at 400 for 8-10 minutes depending on thickness of the fillet.

9 - For the last 2 minutes broil the fish until crust browns.

10 - Serve with slices of lemon and chopped herbs