

MACADAMIA CRUSTED MAHI MAHI

Deeann first had this at a restaurant named Lewers in Honolulu, Hawaii. Unfortunately, Lewers doesn't exist any more, but the recipe lives on! It has a mild and gentle flavor, but the coconut milk and macadamia nuts will definitely remind you of tropical islands.

INGREDIENTS:

5 ounces (about 1 ¼ Cups) roasted Macadamia nuts, coarsely ground

½ Cup Panko Bread Crumbs (regular crumbs will do, but Panko are better)

2 Tablespoons all-purpose Flour

¼ Cup Butter, melted

4 Mahi Mahi fillets (6 to 8 ounces each)

2 Tablespoons Emeril's Creole Seasoning

3 Tablespoons Coconut Milk

Salt

Vegetable Oil

DIRECTIONS:

Preheat your oven to 425 degrees.

In a medium bowl, stir together the nuts, bread crumbs, flour, and butter. Set aside.

Place a piece of aluminum foil on a baking sheet and brush it liberally with vegetable oil.

Place the mahi mahi on the foil and sprinkle each fillet with salt and lightly with creole seasoning. Be sure to do both sides.

Bake for 5 minutes.

Remove the fish from the oven and brush each fillet with the coconut milk. Divide the nut mixture among the tops of the 4 fillets, patting the mixture to spread it and to help it adhere to the fillets. Return the fish to the oven and bake for 5 to 10 minutes longer, or until the crust is golden brown.

Remove from the oven and allow to stand for 10 minutes before serving.