

Recetas Con Miel



Pistachio – Crusted Grouper with Lavender Honey Sauce

Ingredients:

- 5 tablespoons dry breadcrumbs
- 5 tablespoons finely chopped unsalted shelled dry-roasted pistachios
- 4 (6-ounce) grouper fillets
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 2 large egg whites, lightly beaten
- Lavender Honey Sauce
- Lemon wedges (optional)
- Lavender sprigs (optional)

Preparation

1. Preheat oven to 450°.
2. Combine breadcrumbs and pistachios in a shallow dish. Sprinkle fillets evenly with salt and pepper. Dip fillets in egg whites; dredge in breadcrumb mixture.
3. Place fish on a jelly-roll pan lined with parchment paper; bake at 450° for 12 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness. Drizzle fillets evenly with Lavender Honey Sauce. Garnish with lemon wedges and lavender sprigs, if desired.