



MACADAMIA NUT CRUSTED HALIBUT WITH MANGO SAUCE

Halibut is a favorite fish in our house. It's light and flaky and when cooked properly, is tender and moist. This Macadamia Nut Crusted Halibut with Mango Sauce is our favorite way to eat this delicious, delicate fish!

Ingredients

1 cup fresh ripe mango peeled and diced
½ cup pear juice or white grape juice
¼ cup heavy cream dairy free friends use coconut cream
1 Tablespoon honey or sugar optional
Juice of one lime

sea salt generous pinch

Fish Ingredients:

4 - 6 oz boneless/skinless Pacific halibut fillets
1/2 cup roasted salted macadamia nuts
1/2 cup panko bread crumbs Gluten free friends use your fave GF panko
1 egg
Coconut or olive oil use just enough to coat bottom of pan
Chives chopped for garnish
Pinch sea salt

Instructions

Mango Sauce Prep:

Peel the mango and cut into cubes.
Place the mango in a small saucepan over medium heat.
Add pear or grape juice and bring to a boil.
Reduce heat and simmer for 15 minutes or until mango is soft and liquid is reduced by half.
Add the cream, simmer for 5 minutes.
Let cool slightly, add honey or sugar, then purée in a food processor or blender.
Strain the mixture through a screen colander into a bowl, discard anything in the strainer (there shouldn't be much if you blended well)
Add the lime juice to sauce and salt to taste . Put back in saucepan and set aside.
Warm the sauce before serving. The sauce can be made a day ahead.

For Fish:

Preheat oven to 350 degrees and place oven rack in center position.
Pulse bread crumbs and nuts in a food processor until a crumbly mixture forms.
Do not over process or you end up the macadamia nut butter.
In a shallow bowl, beat the egg and water to make an egg wash.
Salt and pepper both sides of fish.
Dredge the fish in egg wash, then coat completely in the nut-crumb mixture.
Heat the oil in a nonstick oven safe pan over medium-high heat. When pan and oil are very hot add fish to pan.
Sauté the fish until golden brown on both sides, about 2-3 minutes per side.

When fish is golden brown place pan in oven for 5 minutes (or until fish is done).

Ladle a generous amount of warm mango sauce onto each plate, and place a piece of halibut on the sauce. Garnish with chopped chives. Serve immediately.