

Coconut Crusted Walleye with Broccoli and Mandarin Orange sauce

This recipe and photography was provided courtesy of local cookbook author and chef, Carla Snyder. Learn more about Carla and discover her recipes at Ravenouskitchen.com or in her cookbook, One Pan Whole Family.

Ingredients:

- 1 bunch broccoli
- 1 shallot
- 1 large egg
- 1 cup shredded unsweetened coconut
- 1/3 cup all-purpose flour
- 1 1/2-lb walleye filets
- Salt and freshly ground black pepper
- 2 tablespoons vegetable oil
- Juice of one orange or 1/4 cup bottled juice
- Two Brother's Mandarin Orange Sauce
- Preheat the oven to 425°F
- On a large cutting board, trim the broccoli and cut it into long thin spears, no more than 1/2-inch thick. Cut the shallot in half lengthwise and then cut into 1/2-inch slices.



Instructions:

1. In a wide, shallow bowl, beat the egg with a fork. Pour the coconut and flour onto two separate plates.
2. Salt and pepper the fish, dredge into the flour, shaking off the excess, dip it into the egg wash and then dredge it into the coconut, patting it on so that it adheres.
3. Heat a 12-inch skillet over medium-high heat and add the oil. When it shimmers, add the fish to the pan (don't crowd the pan as it will take two batches) and brown it on all sides, about 1 minute per side. Transfer the fish to a plate. It will not be cooked through at this point.
4. Add the shallot and broccoli to the hot pan along with a sprinkle of salt and pepper and sauté for two minutes to get the cooking started. Add the orange juice and bring to a boil then top with the fish.
5. Transfer the pan to the oven and roast, uncovered, for 10 minutes or until the fish is cooked through and broccoli is tender. It should flake when pulled apart with a fork.
6. Divide the fish and vegetables between heated plates and drizzle with the pan juices and Mandarin Orange Sauce.
