



Pecan Crusted Walleye with Dijon Cream Sauce

Ingredients

- 4 Walleye Fillets
- 3/4 cup Flour
- 1 teaspoon Salt, divided
- 1/2 teaspoon black pepper, divided
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 2 Large Eggs
- 1 cup Raw Pecan Pieces
- 1/2 cup Grated Parmesan Cheese
- 4 tablespoons olive oil

Ingredients for Marinade:

- 2 tablespoons unsalted butter
- 1 clove of minced garlic
- 2 tablespoons minced shallot
(about 1/2 large shallot)
- 1/3 cup white wine
- 1/2 cup chicken stock
- 1 tablespoon whole grain
mustard
- 1 tablespoon Dijon mustard
- 2 tablespoons capers
- 1/2 cup heavy cream
- 2 tablespoons chopped parsley,
as garnish

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See Page #2 & #3 for Directions



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Directions:

- Preheat the oven to 375°F. Line a baking tray with foil and spray with non-stick cooking spray.
- Prepare your dredging station (In cooking, the word dredge means to coat an item of food in flour or breadcrumbs before cooking it) by adding the flour, 1/2 teaspoon salt, 1/4 teaspoon black pepper, onion powder, and garlic powder to a shallow bowl; whisk to combine. In a second shallow bowl, add the eggs; slightly beat using a fork.
- Add the pecans to the bowl of a food processor and pulse until the pecans resemble a fine crumb. If you don't have a food processor you can put them in a zip lock bag and roll a can over nuts and lightly tap with pressure to make a crumble. Add the ground pecans to a third shallow bowl, along with the Parmesan cheese and remaining salt and pepper.
- Dip each filet in the flour mixture until lightly coated on both sides, and then dip in the egg mixture, allowing the excess to drip off. After that, dip in the pecan mixture, pressing the mixture onto each side, making sure each filet is thoroughly coated.
- Place the breaded fillets on the prepared cooking sheet. Bake in oven for 10 to 15 minutes; cooking temp will vary depending on the thickness of the fillets. The fish should be white and flakey on the inside and golden brown on the outside.



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Directions: To make the Dijon Cream Sauce

- Add the butter to a small saucepan over medium low heat.
- Once butter is melted, add garlic, shallots, and a pinch of salt. Cook, stirring constantly, for about 2 minutes. Add the white wine to the pan and allow to reduce by half, about 1 minute.
- Stir in the chicken stock, whole grain mustard, Dijon mustard, and capers. Allow the mixture to gently bubble for 2 minutes.
- Stir in the cream. Allow the mixture to reduce and thicken, about 3 minutes.
- Season with salt and pepper to taste. Drizzle the cream sauce over the filets, if desired, and serve immediately. Garnish with chopped parsley.
- Enjoy! Pair with a side of steamed vegetables, or wild rice pilaf.

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