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Pine Nut-Crusted Flounder with Balsamic Orange

Reduction Sauce

Quick & Simple Magazine Serves 4

- 4 oz Parmigiano-Reggiano cheese
- 1 cup pine nuts, toasted
- 2 tablespoons dried Italian seasoning
- 1 teaspoon salt
- 1/2 cup flour
- 1-1/2 lbs. flounder, black cod, whitefish or bluefish
- 3 large eggs beaten
- 1/2 cup balsamic vinegar
- 1/2 cup freshly squeezed orange juice
- 2 tablespoons honey
- 2 cloves garlic, minced
- 1/4 to 1/2 teaspoon crushed red pepper flakes
- 1/2 cup chopped fresh parsley, for garnish (if desired)

Place the Parmigiano-Reggiano cheese in the bowl of a food processor and process until finely ground. Add the pine nuts, Italian seasoning and 1/2 teaspoon salt; finely chop. Spread the nut mixture on a plate (I used disposable pie tins for easy clean up). Put the flour on another plate. Dip both sides of the fish in the flour, shaking off the excess. Dip the fish in the eggs, then coat evenly with the nut mixture. (The battered fish can be covered and refrigerated for up to 8 hours before using). Preheat oven to 400F. Place the fish in a baking dish, flat side down. Roast for 12-14 minutes, until the fish begins to flake.

In a saucepan over medium-high heat, combine the balsamic vinegar, orange juice, honey, garlic, red pepper flakes and remaining 1/2 teaspoon salt. Bring to a boil for about 1 minute, until slightly thickened. Transfer fish to dinner plates and drizzle with sauce. Sprinkle with parsley and serve immediately.