

## ***Cod with Hazelnut Crust***

*Fish with a nut crust is very tasty. Below, I chose cod and hazelnuts, but also try pecans, pistachios, or almonds. Choose the freshest white fish you can find; flounder, snapper, or sole also work well here.*

**Prep Time:** 20–25 minutes    **Baking Time:** 20–25 minutes    **Serves:** 4

### **Ingredients:**

1½ pounds cod or other white fish (in 4 fillets)

1 cup orange juice

1 large egg (omega-3, free-range, organic)

1 cup coarsely ground hazelnuts

½ tsp sea salt

1 tsp thyme, dried (or a mixture of Italian or fines herbs)

1/8 tsp ground black pepper

Oil (avocado, almond, walnut)

4 medium garlic cloves, minced

4 lemon wedges

### **Directions:**

Preheat oven to 425°F. Rinse fish fillets, soak in orange juice for 10 minutes, then pat dry. Meanwhile, beat the egg in a bowl.

Heat a sauté pan to medium, sauté the ground hazelnuts with salt, thyme, pepper, and garlic for 2 minutes, enough to toast the hazelnuts slightly, but not brown them.

Transfer ¼ of nut mixture to a plate at a time. Dip the fish first in the egg, then in the hazelnut mixture. When dipping fish coated with egg in the nut flour, some of the flour will become wet and will clump.

When finished coating fish, discard all the excess nut mixture that came in contact with raw fish.

Coat a baking dish with oil and place fish on it. Bake 20 to 25 minutes, until tender and flaky. Garnish with a wedge of lemon.

Enjoy! Steven Masley, MD