

CITRUS CRUSTED FISH WITH CRABMEAT

Use this recipe with Pompano, Flounder, Trout, Grouper or Chilean Sea Bass

INGREDIENTS:

- 1 tsp fresh squeezed lemon juice
- 1 tsp fresh squeezed lime juice
- 1 tsp orange juice
- 1 cup dry bread crumbs
- 4 tbsp melted unsalted butter
- 1 tbsp chopped shallots
- 1 1/2 tsp salt
- 1/4 tsp black pepper
- 1 tsp light brown sugar
- 4 (6-8 oz) Rob ert's Pompano, Flounder, Trout, Grouper or Chilean Sea Bass fillets
- 2 tbsp seasoning of your choice
- 8 ounces fresh lump crabmeat
- Ruby Red Grapefruit, sliced
- Avocado, sliced
- Fresh parsley, chopped

INSTRUCTIONS:

Preheat the oven to 375 degrees F.

In a bowl, mix the citrus juices, bread crumbs, butter, shallots, salt, pepper and sugar. Season the flesh side of the fish fillets with a seasoning of your choice. Place the fillets on a nonstick baking sheet and bake for 5 minutes.

Remove from the oven. Cover the fillets with the crumb mixture to make a light crust. Place the fillets back in the oven for 10 minutes.

Remove from the oven and serve over sliced avocado, top with fresh crabmeat and garnish with fresh parsley and a slice of grapefruit.

