

## Crispy Pistachio- Coated Halibut.

Pre heat oven to 475F.

2/3 cup buttermilk

salt and pepper to taste, flour.

4 lbs. halibut filets, about 1 inch thick, cut into serving pieces

1 - 2 eggs,beaten

1 cup soft bread crumbs

1 -1 1/2 cups coarsely ground pistachio nuts

3 tbsp. butter

2 tbsp. veg. oil

Note: Use organic pistachios as last I heard, there was a recall in the U.S. for the non organic ones.

Place fish in shallow dish and cover with buttermilk for 1/2 hr. Drain off milk and pat dry. { this step is optional.} Salt and pepper filets.

Put some flour on 1 piece of wax paper and the bread crumbs and nuts tossed together on another piece of waxed paper.

Dredge each filet in flour, shaking off excess. Next, dip it into the egg letting excess drain off , then put it into the nut mixture, coating it well by pressing it lightly.

Place butter and oil on a baking sheet with sides and place in oven. When butter melts, add fish turning so nut encrusted part is coated evenly. A 9 by 11 glass pan works well.

Bake for 10 to 12 minutes or until fish flakes easily when tested with a fork.  
Serve with lemon wedges and tzatziki if desired.