

# Almond Crusted Orange Roughy with Lemony Leek Sauce

Phillis Carey, author & instructor



- 2 tablespoons unsalted butter
- 2 medium leeks, halved, thinly sliced
- 3 tablespoons lemon juice, fresh
- 1 cup heavy cream
- 1 cup sliced almonds, finely chopped
- 6 tablespoons Italian parsley, chopped
- 1 1/2 tablespoons grated lemon peel, using a Microplane
- 4 large orange roughy fillets
- 2 whole eggs, lightly beaten
- 3 tablespoons butter, for frying the fish

Carolyn T's Blog - Tasting Spoons:  
<http://tastingspoons.com>

## Servings: 4

*Make sure the fish is completely dry (use paper towels if necessary) before dredging. If you can't find orange roughy, you can use other pieces of mild white fish. If using a thicker piece of fish, brown the fish as in the above recipe, then place fish in a 375 oven for 15 minutes on a parchment lined baking pan. The calorie content assumes you consume all of the flour, egg and nut mixture, which you don't.*

1. LEEK SAUCE: use only white and light green parts of the leeks, halve them, rinse well, then chop. Cook leeks in 2 T. butter over medium heat until very tender, about 15 minutes. Add the fresh lemon juice and stir until liquid evaporates. Mix in cream. Simmer until mixture is slightly thickened, about 2 minutes, maybe longer. Cool for 10 minutes, then pour in batches into blender and puree until smooth. Strain the sauce, using a coarse strainer, back into the saucepan. Season to taste with salt and pepper.
2. DREDGING MIXTURE: if you're using sliced almonds, place them in a plastic bag and using a pounder, hit nuts until they're reduced to a coarse mince. Do not use the food processor for this, as the nuts will be too fine. Mix almonds, parsley, lemon zest, salt and pepper to taste in a pie plate. Place flour on a plate and eggs in another pie plate. Sprinkle fish with salt and pepper. Dredge in flour, shaking off any excess. Dip in egg, then in almond mixture to coat.
3. FISH: Melt half of the butter in a large nonstick skillet over medium heat. Add 2 pieces of fish to pan and cook 3 minutes per side or until cooked in the center and brown on the outside. Repeat with remaining butter and fish. Reheat sauce and spoon a bit over, and the rest around fillets to serve.

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Per Serving (excluding unknown items): 695 Calories; 59g Fat (74.2% calories from fat); 30g Protein; 17g Carbohydrate; 4g Dietary Fiber; 249mg Cholesterol; 233mg Sodium. Exchanges: 1/2 Grain(Starch); 3 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 11 Fat.