

Inspired by the [Hunter Angler Gardener Cook](#).



Pine Nut Crusted Cod

4 white fish fillets
3/4 c pine nuts, divided
1/2 c corn meal
1/4 t salt
1/8 t pepper
2 eggs
1/4 c butter
2 T lemon juice

Preheat oven to 350F. Bake 1/4 cup of pine nuts on a greased cookie sheet for 5-10 minutes, until golden brown. Remove pine nuts and set aside.

Place the remaining 1/2 c of pine nuts in a zipper bag and seal. Use a meat mallet to crush the pine nuts until they are a fine, ground consistency (a food processor would work as well). Mix the crushed pine nuts with the corn meal, salt and pepper in a shallow bowl. In another shallow bowl whisk the eggs. First dip the fish in the eggs and then coat with the cornmeal mixture.

Place the fish in a greased baking dish and bake for 25-30 minutes. In the meantime, melt the butter over medium heat. Add the lemon juice and cook for an additional 1-2 minutes. Remove the fish from the oven when it flakes easily with a fork. To serve, drizzle with the melted butter and sprinkle with the toasted pine nuts. Garnish with lemon wedges.