
Pan Seared Southern Style Walleye with Dill Sauce

Sendik's Fine Foods

Internet Address: Access our online cookbook at www.sendiksfinefoods.com

Servings: 4

Preparation Time: 15 minutes

Start to Finish Time: 30 minutes

2 pounds Fresh Walleye fillets
1/2 cup Flour
2 Eggs, beaten
3/4 cup Corn Meal
1/4 cup Parmesan cheese, grated
1 teaspoon Fresh cracked black pepper
2 tablespoons olive oil
1/4 cup Sauvignon Blanc
3 tablespoons Lemon juice
1/2 cup Cream
1/2 stick Butter
1 tablespoon Fresh Dill, chopped

To prepare the sauce place lemon juice and Sauvignon Blanc in a sauce pan on medium high heat. Bring to a simmer and reduce the volume by half (about three minutes). Add the cream. Continue to simmer and reduce the volume by half again (about five minutes). Slowly add the cold butter piece by piece to the sauce pan, whisking the entire time. When the butter has been incorporated in the sauce, add the dill. Remove from heat.

To prepare the fish, first pat dry with paper towel. Lightly flour the entire surface. Dip in beaten egg and cover the entire surface. Mix the corn meal, parmesan cheese and black pepper together. Spread on a plate or a tray. Place the fish on the Corn meal mixture and press down to help the breading adhere. Turn the fillet over and repeat.

Place the olive oil in a hot skillet. Place the skillet on a medium high burner. Place the fillet, skin side up in the pan for five minutes or until golden brown. Turn the fillet over and turn the burner down to medium. Continue to saute for four minutes.

Serve with rice pilaf and drizzle Dill sauce over the Walleye.

Seafood Entrees
