



## Hawaiian Halibut

Let's begin by gathering our ingredients for Hawaiian Halibut:

- 2 pounds halibut
- 1 cup crushed saltine crackers
- 1 cup crushed macadamia nuts
- 1 cup panko
- 1 1/2 cups flour
- 2 eggs
- 2 tablespoons butter or Margarine
- 2 tablespoons all-purpose flour
- 1 teaspoon parsley flakes
- 1 teaspoon finely shredded lemon peel
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 1/2 cups milk
- Juice from half a lemon
- 1/4 teaspoon onion powder
- 1/2 teaspoon Sugar
- olive oil

Crush saltines and macadamia nuts to make 1 cup of each. Combine with 1 cup of panko for breading.

To bread halibut, start by cutting fillets into manageable pieces. Then dredge halibut in flour. Then cover in egg. Finally cover in breading. Set aside. Heat skillet with 2 tablespoons olive oil. Once hot, add halibut. Cook for approximately 10 minutes flipping once. Each side should be golden brown. Make sure halibut has cooked through.

While the halibut cooks, combine 2 tablespoons butter, 1 teaspoon lemon peel, 1 teaspoon, 1/4 teaspoon salt and pepper, 1/4 teaspoon onion powder, 2 tablespoons flour, and 1/2 teaspoon sugar to heated skillet. Slowly add 1 1/2 cups milk while stirring to thicken.

Plate halibut and pour sauce over halibut. Enjoy!