

TROUT ALMONDINE

Classic preparation of rainbow trout with an elegant twist: a quick and easy pan sauce!

by Corporate Chef Kurt Kwaitkowski

Featured Food: Rainbow Trout

Yield: Serves 2-4

Ingredients

4 fresh trout fillets, skin on	3 T. vegetable oil
¼ c. all-purpose flour	½ c. slivered almonds
1 t. salt	3 T. amaretto liqueur
½ t. pepper	2 T. butter
1 t. Old Bay® Seasoning	2 T. chopped fresh parsley

Preparation

Pat trout fillets dry with paper towel. Whisk together flour, salt, pepper, and Old Bay® Seasoning in a bowl. Dredge fish fillets in seasoned flour then shake off excess to leave a light dusting.

Heat oil in a sauté pan over medium heat. When oil is hot place the fillets flesh side down into the pan and cook until lightly brown, about 2-3 minutes. Turn fish and cook an additional 2 minutes or until internal temperature reaches about 135°F. Take pan off the heat and carefully remove fish to a serving platter.

Put the almonds into the pan and begin to heat pan back up. When almonds are lightly brown, deglaze the pan with amaretto and let alcohol cook off, about a minute. Remove from heat and whisk butter and parsley into pan to finish the sauce.

Pour sauce over fish and serve.