

Trout Sandwich



Ingredients

- 2 large eggs
- 1 teaspoon water
- 1 cup all-purpose flour
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 cup cornmeal for dredging the fish
- 4 6-ounce trout fillets
- 1 cup vegetable oil
- 4 soft sandwich rolls, split
- leaf lettuce
- 2 tomatoes, sliced thin

Directions

1. Beat together eggs and water in a shallow dish. Season the flour with cayenne, salt and pepper. Place flour mixture and cornmeal in separate shallow dishes.
2. Coat fillets in seasoned flour; dip into egg wash and then coat with cornmeal.
3. In a deep pan, cook the fillets in 1 inch of oil at 375 degrees F on a deep-fat thermometer for 2 to 4 minutes, browning on each side.
4. Drain on absorbent paper. Serve on sandwich rolls with lettuce and sliced tomatoes.