




COASTAL CONSERVATION ASSOCIATION

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# TROUT CAKES



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Combining the knowledge that people love crab cakes with the fact that my husband had just come home from fishing with fresh trout, it came to me - trout cakes! And so were born these delightful little treasures sure to make you smile just as much as any crab cake. I love this recipe because it's very simple to put together, and in the end you have a plate that looks very gourmet. These will work as an appetizer, or serve with a vegetable or on top of a salad as a super healthy main course. The addition of the spinach is mainly for color and to pack some vitamins in there, so if you have a spinach-hater on your hands, don't even mention it. And don't forget, a squeeze of lemon and good glass of white wine are a must to complete the equation. Enjoy!

## INGREDIENTS

- 2 tbsp extra virgin olive oil
- 4 small speckled trout fillets
- 1/2 red bell pepper, diced
- 1/2 small yellow onion, diced
- 1 medium jalapeño, seeded, diced
- 1 c fresh spinach, chopped
- 1 tbsp Worcestershire sauce
- 1 tsp garlic powder
- 1 tsp dry mustard
- 1 tsp ground black pepper
- 1/2 tsp salt
- 2 tbsp fresh dill, chopped
- 2 eggs
- 1.5 c panko bread crumbs

## PREPARATION

Combine first ten ingredients in a large non-stick skillet over medium heat. Cook and stir, breaking fillets apart until fish is completely cooked through. (At the end of the step you will have some liquid in the bottom of your pan.) Strain cooked mixture to remove extra liquid and transfer trout mixture to a mixing bowl. Add the salt, dill, eggs and 1/2 cup bread crumbs to trout mixture and mix thoroughly. Pour the remaining one cup panko bread crumbs onto a plate for breading. Get about a cup of the trout mixture in your hand and make a patty about four inches in diameter, and about an inch thick. Dredge both sides of the patty in the panko bread crumbs to coat. Make as many patties as you can until you run out of mixture (this recipe yields about six patties). Heat about 2 tbsp extra-virgin olive oil to medium-high in same pan used before. Add each patty to oil and cook about four minutes per side, or until golden brown. Serve immediately with lemon wedges. **MAKES: About 6 cakes, 8 oz each**

- Recipe and photos by Heather Peterek, Staff Seafood Enthusiast