




COASTAL CONSERVATION ASSOCIATION

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TROUT AMANDINE



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With all of the trout you might have filling up your cooler this summer, it's likely you've been trying to conjure up new ways to cook them. Why not go with a classic? This traditional recipe of pan frying in brown butter is incredibly simple yet very interesting. The richness of the butter paired with the crunchy almonds is a perfect blend of flavor and texture. After trying this dish, it's easy to see why this recipe has been featured in so many seafood restaurants around the world. This method works not only with trout, but any soft, white fish: pompano, flounder, sheepshead, drum, redfish, sea bass, or sole. Enjoy!

Ingredients:

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| 6 (6 to 8-oz) speckled trout fillets, skinned | 2 sticks butter | 1 c sliced almonds |
| 1 tbsp Cajun seasoning | 2 tbsp Worcestershire Sauce | 1 tbsp chopped parsley |
| 2 c flour | 2 tbsp lemon juice | 2 tbsp chopped green onions |
| | 2 bay leaves | Salt & pepper for seasoning |

Preparation:

Season the flour with one tablespoon Cajun seasoning. Dredge the fillets in the seasoned flour, lightly coating them.

Melt one stick of the butter in a large saucepan over medium-high heat. When it begins to bubble, sauté the fish fillets, about three to four minutes on each side, or until golden brown. Season the fillets with salt and pepper and transfer to a warm platter in the oven.

If there are any burned bits in the pan after sauteing, remove them with a slotted spoon. Add the other stick of butter to the pan, along with the Worcestershire sauce and bay leaves. Whisk to blend, and bring to a bubble again.

Remove bay leaves, add the almonds and lower the heat a little. Cook until the almonds just begin to turn a little brown at the edges. Watch closely so you do not burn the almonds. Add lemon juice and salt and pepper to taste.

To serve, place one or two fillets in the center of each plate. Spoon the sauce over the fish and garnish with parsley and green onions.

- Recipe and photos by Heather Peterek, *Staff Seafood Enthusiast*