

U.S. Farm-Raised Trout Amandine

With trout and salmon, the simplest recipes are often the best. Both of these fish pair well with fresh vegetables and make one of the healthiest meals possible.

6 U.S. farm-raised trout fillets
1 t. salt
1 cup butter, divided
1 Tbsp. lemon juice
½ cup flour
black pepper
1 cup blanched almonds
lemon wedges

Combine flour, salt, and pepper. Roll trout in seasoned flour until thoroughly coated. Sauté trout in butter over medium heat for 5 minutes, turning once. Carefully remove cooked fish to a heated platter and cover to keep warm. When all fish are cooked, discard browned butter and wipe out skillet. Add ½ cup butter and almonds to skillet. Cook over lowest heat stirring frequently until almonds become a pale golden color. Remove from heat and stir in lemon juice. Pour almond butter over trout and serve immediately.

National Aquaculture Association

PO Box 1647, Pine Bluff, Arkansas, 71613

Phone: 870-850-7900 Fax: 870-850-7902 Email: naa@thenaa.net