

## U.S. Farm-Raised Trout Mornay

*As the Industrial Revolution took hold in the United States, sportsmen were alarmed about declining populations of trout and in the mid 1800's trout hatcheries were springing up to stock recreational fishing waters.*

4 U.S. farm-raised trout fillets  
2 Tbsp. butter  
2 Tbsp. flour  
1 ½ cups milk  
½ cup Gruyere or Swiss cheese, grated  
½ cup Parmesan cheese, grated  
Salt and pepper  
Parsley, minced

Melt butter. Blend in flour and milk. Cook over low heat, stirring constantly, until thickened. Add cheese. Cook and stir until cheese melts. Season to taste. Spread half of the sauce in a baking dish. Arrange trout on the sauce. Top with remaining sauce. Cover tightly with aluminum foil. Bake at 450° F for 12 minutes. Garnish with parsley.