

Trout Almandine

Trout (Cleaned)	1 ea
Seasoned Flour	2 cups
Whole Butter	4 oz
Olive Oil	2 oz
Lemon (juice only)	½ each
White Wine	4 ounces
Diced Shallots	2 teaspoons
Diced Garlic	1 teaspoons
Sliced Almonds (Toasted)	1 Table Spoon

1. Pre-heat oven to 425°f
2. Take cleaned Trout and butterfly open; once butter flied, coat both sides of your fish with seasoned flour and set aside.
3. Using an oven proof heavy bottomed skillet or sauté pan over medium high heat, add 2 ounces butter and oil.
4. Once oil has begun to lightly smoke, add your trout to the pan and sear for 3minutes.
5. Gently turn over fish, and place pan in the oven. Bake for 7-10 minutes or until internal cooking temperature has reached 145°f.
6. After pulling pan from oven gently remove fish from the pan and place on plate lined with paper towels.
7. Place pan back on the stove over medium high heat then add shallots and garlic. Cook until fragrant roughly 1-2 minutes, then add toasted almond slices. Cook and additional 1 minute.
8. Pull pan away from stove and carefully pour in white wine and lemon Juice (this is how you de-glaze the pan)
9. Place pan back onto the stove and reduce liquid by half over medium heat. Once reduced, turn off the heat and remove from stove; add remaining butter then swirl pan until butter is melted and made a sauce.
10. Serve fish with vegetables and starch of your choice and cover liberally with pan sauce.