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Almond Crusted Rainbow Trout

1 pound skinless trout fillets
½ c Panko Bread Crumbs
¼ c Finely ground almonds
Olive Oil
1-2 T Butter
2-3 T Shallots
2 t fresh ground garlic
2-3T Spicy Brown Mustard
2T Dry White Wine
¼ c heavy cream

Rinse and pat dry the fresh Trout Fillets; Salt & Pepper. Blend the bread crumbs & almonds and coat the fillets pressing firmly. In a side pan, sauté the garlic and shallots with the butter until just starting to brown. Blend in the mustard & wine and bring to a low boil. Reduce the mixture until thickened. Add the cream and reduce again until the desired consistency. Pan-sear the trout fillets with olive oil in a hot non-stick skillet for 2-3 minutes on each side or until lightly browned. Plate the fillets and drizzle with the Dijon cream sauce. Enjoy!

Hints when preparing this recipe:

- ✓ When choosing a cooking wine, the dryer the better. Too sweet and it can over-power the dish.
- ✓ If you can't find shallots, the white base of green onions are an easy substitute.
- ✓ Preheat your dinner plates. Unlike other meats Trout and other fish are very delicate and do not hold their heat as long. Begin dining as they are coming out of the skillet.