



**FRESHWATER
FARMS OF OHIO**

Ohio's Favorite Fish Farm

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The FoodSmiths Catering

Call Chef Gretchen at 937-631-3331

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Fresh Rainbow Trout Oven-Fried

2 lbs. Freshwater Farms deboned trout

¼ cup white flour

¼ cup yellow corn meal

1 egg, whisked

butter

½ cup fine bread crumbs

salt or Lawry's Seasoned Salt

pepper

Preheat oven to 450 degrees. Line a baking pan with aluminum foil. Season fillets, then roll (or shake) in flour and corn meal mix. Dip in beaten egg, then, roll in bread crumbs. Arrange on foil skin-side down. Drizzle with melted butter, or freeze a stick of butter and grate it over the fish. Bake 10 minutes or until nicely browned and flakes easily.

Hints when cooking with fish:

- ✓ 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.
- ✓ Do not be tempted to over-cook fish. This is a common mistake when cooking with any seafood. As soon as the flesh turns a flaky white, they are done; further cooking will only result in drying out the meat. A good rule of thumb with any fish is 5-10 minutes per inch of meat.