



**FRESHWATER
FARMS OF OHIO**

Ohio's Favorite Fish Farm

www.fwfarms.com • 937-652-3701



The FoodSmiths Catering

Call Chef Gretchen at 937-631-3331

www.thefoodsmiths.com

Smoked Trout Pasta

- 1# Smoked Trout Fillets, skinned and diced
- 3 T Butter or Olive Oil
- 1T each minced garlic & onion
- 1 red bell pepper, diced
- 1 carrot, julienne sliced
- 1 cup asparagus, bite size pieces
- 2/3 cup heavy cream
- salt to taste & fresh ground pepper
- 8oz Angelhair or pasta of your choice
- 1/2 cup grated parmesan
- 1/4 tsp ground nutmeg, optional

Cook pasta according to package direction. Heat butter in a hot skillet with onion & garlic. Saute peppers, carrots & asparagus until vegetable are just starting to be tender. Stir in cream and bring to a boil. Turn down the heat and stir in parmesan cheese. Simmer until sauce thickens. Just before serving, toss the pasta with the sauce and diced Smoked Trout. Garnish with the nutmeg, if desired.

Hints when cooking with fish:

- ✓ For an easy low fat alternative, substitute 2/3 of vegetable stock for the heavy cream. Enjoy!
- ✓ 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.