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The FoodSmiths Catering

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Ranchero Trout

- 4 skinless trout fillets (~6oz each)
- 1 cup finely crushed tortilla chips
- 2 tsp chili powder
- ½ tsp salt
- ½ tsp ground black pepper
- 3 T lime juice
- 1 T oil
- 1 cup of your favorite salsa
- ¼ cup fresh cilantro, minced (optional)

Crush tortilla chips in food processor and mix with chili powder, salt & pepper. Place lime juice in a shallow dish to dip the fillets. Preheat a non-stick skillet with the oil. Dip the Fresh Rainbow Trout Fillets in the lime juice and immediately dredge in the tortilla mixture. Place in the hot skillet and sear on both sides for 2-3 minutes. Warm salsa and serve on the side; garnish with fresh cilantro.

Hints when cooking with fish:

- ✓ Prepare the rest of the meal before cooking the trout. It is the easiest & fastest to cook and therefore should be the last thing you do before enjoying your dinner.
- ✓ 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.