



# ALMOND AND PARMESAN TROUT

## DIRECTIONS

*Beat the eggs and set aside. Stir together almonds with 1 cup of Parmesan cheese in a shallow dish until combined and set aside. Dust the fish fillets with flour, and shake off excess. Dip the Trout in egg, then press into the almond mixture.*

*Melt butter in a large skillet over medium-high heat. Cook Trout in melted butter until golden brown on both sides, 2 to 3 minutes per side. Reduce heat to medium, and season fillets with salt if desired. Sprinkle the Trout with the remaining Parmesan cheese, cover, and continue cooking until the Parmesan cheese has melted, about 5 minutes. Transfer the Trout to a serving dish, and drizzle with pumpkin beurre blanc.*

## INGREDIENTS

### For Trout

- 2 eggs
- 1 cup sliced almonds
- 1 cup freshly grated Parmesan cheese
- 4 (6 ounce) trout fillets
- 1/4 cup all-purpose flour for dusting
- 6 tablespoons butter
- salt to taste

### For Pumpkin Beurre Blanc

- 1/4 cup dry white wine
- 3 small shallots, chopped
- 1 bay leaf
- 1/4 cup canned mashed pumpkin
- 1 pint whipping cream
- 1/2 cup butter, softened
- 1 tablespoon lemon juice
- 2 teaspoons chopped fresh dill
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

**SERVES 4**

*Bring the wine, shallots, and bay leaf to a boil in a large saucepan. Reduce heat, and simmer until reduced by half.*

*Remove and discard bay leaf. Stir in mashed pumpkin. Process white wine mixture in a blender until smooth, stopping to scrape down sides. Return mixture to saucepan, and whisk in whipping cream. Cook sauce over medium heat, whisking occasionally, 5 minutes. Whisk in butter and remaining ingredients.*