



Trout Almondine

Ingredients

4 filets (5-7 oz) of speckled trout, skin removed
1 cup milk
1 teaspoon Creole Spices
1 cup flour
8 tablespoons butter
1/2 cup sliced almonds
Juice of one lemon
2 tablespoons parsley, minced
Salt and pepper to taste

Directions

Season the filets with salt and pepper and dip into the milk before dredging the flour that has been mixed with the creole spices. In a large sauté pan on medium high with 4 tablespoon butter, cook the filets until golden brown on each side. Remove the fish and place on a serving plate or platter. Add the remaining butter and cook the butter so that it is swirling in the pan, cooking evenly so that it begins to take on a brownish hew. Once it begins to do this, lower the heat to medium-low and add the almonds, allowing them to brown while slowly stirring. Once the almonds are uniformly brown add the lemon juice, parsley and a dash of salt. Serve the butter and almonds over each filet of fish immediately.