

Trout Almandine-
Chef Judi Gallagher

Since I come from the old school tradition of French classic, I can never resist something as wonderful as fresh trout almandine. Simple and elegant but do not worry if you cannot find fresh trout, this recipe works just as well with sole or flounder.

2 trout fillets- skin on
Fresh ground sea salt and freshly ground white pepper
Porcini or truffle flour
8 TBSP. unsalted butter
½ cup almonds
2 TBSP. fresh chopped parsley
3 TBSP. fresh lemon juice

Canola oil

Season the trout with salt and pepper. Lightly dust the fish with porcini or truffle flour, shaking off excess

Heat a large skillet, then pull away from heat to add approximately 4 TBSP. oil
Add the trout. Add 1 TBSP butter and sauté until skin is crispy
Turn and sauté for 2 minutes-
Place trout on plate, add remaining butter to the pan and add the almonds until slightly brown. Add parsley and lemon juice. Pour over trout and serve immediately

Melt the remaining butter into pan