

TROUT WITH ALMONDS (FORREL)

Alsace



6768 Alsace

+ Description

Ingredients: 4 trout, 50 g of butter , 2 tablespoons of oil, 4 tablespoonfuls of flour, 70 g of flaked almonds, 1 lemon, parsley, salt, pepper.

For 4 people

Preparation: 10 min, cooking time: 10 min.

Clean the fish, season with salt and pepper and then roll them in the flour. Heat the oil in a non-stick pan and add 20 g of butter. When the butter begins to foam, add the floured fish and cook over a medium heat for about 8 to 10 min until the skin goes a nice golden color. Turn the fish over and cook for a further 8 to 10 min. Meanwhile, dry fry the almonds in a pan. Reserve. Squeeze the lemon and chop up the parsley. Reserve. Place the trout on individual plates, leaving the cooking juice in the pan. Wipe the pan with an absorbent paper towel, and then add the rest of the butter. When the butter has melted, add the lemon juice, the parsley, the grilled almonds and pepper and salt to taste. Pour the sauce over the trout and serve immediately.