



Crispy Pan-Fried Trout Fillets

Serves 4

Ingredients:

1/3 cup yellow cornmeal
1 teaspoon grated lemon peel
1 teaspoon salt
3/4 teaspoon ground pepper
2 trout fillets
1 tablespoon butter
1 tablespoon olive oil
Lemon wedges

Directions:

1. Combine cornmeal, lemon peel, salt and pepper in a shallow dish. Moisten trout with cold water and dip in cornmeal mixture, coat evenly.
2. Melt butter and oil in a large skillet over medium-high heat. Add trout, and pan-fry until coating is browned (About 3 minutes) Turn trout over and cook for about 2 minutes. Transfer trout to a serving platter. Garnish with lemon wedges and serve.

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CookingMethod: Pan-Fry

Week: 201931

RecipeIntro: The perfect recipe for the weekend fish fry.

Season: Spring

FeatureIntro: You've never tried pan-fried fish like this before.