

Cornmeal-Crusted Pan-Fried Trout

Serves 4

Ingredients

- 4 trout fillets, skinned and pin bones removed
- 6 tablespoons fine cornmeal
- 4 tablespoons flour
- 1 tablespoon finely chopped parsley
- 1 teaspoon salt
- 1/4 cup olive oil
- 1 tablespoon butter
- Lemon wedges, for serving
- Salt and pepper for seasoning
- Egg whites

Preparation

1. Heat oil in a pan on medium-high until barely smoking.
2. Lightly season the fish with salt and pepper.
3. In a shallow bowl, combine the cornmeal, flour, parsley, and 1 teaspoon of salt.
4. Dip the trout in the egg whites.
5. Dip the trout in the cornmeal mixture, pressing to make sure it is fully coated, dusting it by hand to create a good layer of cornmeal

Cooking

1. Add fillets to the hot pan (as many as will fit comfortably).
2. After 1 minute, add 2 teaspoons of butter to the pan.
3. Flip when fish turns golden brown.
4. When other side turns golden brown, remove.
5. Store in a 200 degree oven while you cook the remaining fish with the rest of the oil and butter.
6. Serve hot with lemon wedges.

Notes

This is my favorite recipe for small kokanee we catch early in the spring in Northern California. If you have trout or kokanee under 9 inches in length, you can just leave the pin bones in the fillets, as they will soften up during the cooking process. It's perfect for when you are camping and catch those 'pan-sized' stream trout. This is so good out of the oil, you don't really need tartar sauce, although you can use it if you want. This recipe is great for any trout or landlocked salmon, but it isn't as good with flaky white fish like crappie or striped bass. It seems to work better with firmer meat.

You may need to empty the pan of oil after every batch, as the cornmeal that falls off into the oil will start to burn after the first batch.