

# Trout Fish Sticks

## Ingredients

- Skinned and De-boned Trout Fillets
- Egg Whites
- Italian or Seasoned Bread Crumbs
- Olive Oil
- Kosher Salt
- Pepper

## Tartar Sauce

- 1 Cup Mayonnaise
- 1 Tablespoon Diced Dill Pickle (or Dill Relish)
- 2 Tablespoon Dill Pickle Juice (or Lemon Juice)
- 1 Tablespoon Dried Minced Onion
- ¼ teaspoon Salt
- ¼ teaspoon Pepper

Mix ingredients in a small bowl. Best if refrigerated for at least one hour before serving.

## Preparation

Rinse in cold water and pat the fish dry with paper towels to remove any water from the fish. Cut the fillets into 1" wide by 4" long strips. Rub some kosher salt and fresh ground pepper into the fillets. Dip the fillets into the egg whites and roll them in the bread crumbs.

## Cooking

Pre-heat a pan on medium high with some olive oil. Fry the fish for about four minutes per side, flipping once. The fish is done when it easily flakes with a fork. Serve immediately with the tartar sauce.

## Tips

You can add some chicken or fish seasoning to the fish when you add the salt and pepper. Be sure to rub it into the meat. You don't need to go overboard with the oil - this is not deep frying! I like to pat the oil out of the finished fish with some paper towels. You want just enough to keep the fish from sticking. You can alternatively bake the fish instead of frying it on a baking sheet with a light coating of oil or spray. Bake for about 8 minutes at 350 degrees until the fish easily flakes with a fork.