



Pecan Crusted Trout

Rich buttery trout fillets crusted in an herbed pecan coating, then drizzled with lemon meunière butter. A luxurious meal that is simple enough to serve on a weeknight.

Serves 4 Preparation Time: 10 minutes, Cook Time: 8 minutes

Fillet Ingredients

4 brown or rainbow trout fillets
1 cup pecans – ground
1/2 cup breadcrumbs
2 tablespoons olive oil – divided
1 tablespoon basil - finely chopped
1 tablespoon mint - finely chopped
1 tablespoon lemon juice – fresh
1 teaspoon salt
1/4 teaspoon ground white pepper

Meunière Butter Ingredients

4 ounces butter
2 teaspoons parsley
Juice from 1/4 lemon

Preparation Instructions

Combine the pecans, breadcrumbs, 2 teaspoons olive oil, basil, mint, lemon juice, salt and pepper in a bowl. Toss and break up clumps with your fingers. Then pour the mixture out onto a large plate.

Heat a large skillet to medium-high heat. Add 2 teaspoons oil to the skillet. Press the top side of the trout fillets into the pecan coating. Once the pan is hot, sear the trout fillets top-side-down, two at a time. Cook 2 minutes per side. Remove from the skillet and repeat with the remaining oil and trout fillets.

Meanwhile, melt the butter in small saucepan over medium heat, until slightly brown and nutty. Add the parsley and lemon juice to the melted butter. Bring to a boil, then remove from heat.

Dress the golden trout fillets with meunière butter and serve warm.=

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