

# Quick Pan-Fried Rainbow Trout with Herbed Butter

MAKES 2 SERVINGS

**S**ome fish are known by many different names, which can make shopping a little confusing. “Rainbow trout” refers to inland or freshwater trout, which has a slightly milder taste and lighter colour than seagoing trout, which is also known as steelhead trout and whose flesh colour is similar to that of salmon.

I add a bit of walnut oil to finish this dish and give it a subtle flavour I like, but this oil is not suitable for cooking, since it gets bitter really quickly. If you buy a bottle of walnut oil, get a small one and use the oil in salads or to finish vegetable dishes by sprinkling some on at the end of the cooking.

2 **rainbow trout fillets** (1 lb/500 g in total), skin on  
1 tsp (5 mL) **Lemon Pepper Salt** (see recipe, page 21)  
1 Tbsp (15 mL) pure **olive oil**  
2 Tbsp (30 mL) all-purpose **flour**  
½ **lemon**, cut into wedges (optional)

**01** Rinse and pat dry the fillets with paper towels. Season the flesh side of the fish with Lemon Pepper Salt.

**02** If your frying pan is too small to cook the fillets lying flat, cut them down to size and cook them one at a time if need be.

**03** Over medium heat, heat a large frying pan and add the olive oil.

**04** In a bowl, dredge the fillets in flour and shake off excess.

**05** Brown the fillets in the pan, on the flesh side first, for three minutes. Then turn the fillets over and continue to cook for approximately three more minutes.

**06** Check that the fish reaches 145F (65C), or Health Canada’s recommended 160F (70C), before serving. Transfer the fish to a warmed serving plate while you

prepare the Herbed Butter. Serve with lemon wedges if using.

## Herbed Butter

This recipe, quick and easy to make, adds a touch of flavour and colour to any vegetable or fish entrée. I prefer to make this and serve it on fish rather than cook fish in butter, since butter burns very quickly.

2 tsp (10 mL) **butter**  
1 Tbsp (15 mL) chopped fresh **dill** (or parsley or chives)  
1 tsp (5 mL) **walnut oil**

**01** Melt the butter in a sauté pan (clean it out first if you cooked the fish in it). Add the dill and cook for one minute. Remove the pan from heat and stir in the walnut oil. Pour over the fish.

