

Fried Lake Trout

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Those who have memories of fishing with their pals or fathers at the lake may also remember this classic way of frying fish.

Ingredients:

½ to 1 cup vegetable oil, as needed, for frying
4 (4-ounce) fillets lake trout
½ teaspoon sea salt
¼ teaspoon lemon pepper seasoning
Cornmeal, as needed, for dredging
2 tablespoons butter
1 cup sour cream
1 tablespoon lemon juice

Directions:

- 1) Heat oil in a large, heavy skillet over medium-high heat.
- 2) Meanwhile, season trout with salt and seasoning. Dredge in cornmeal to coat.
- 3) Add trout to hot skillet and cook until browned on both sides, turning once, about 8 minutes total. Transfer cooked trout to a large serving plate.
- 4) Melt butter in a small skillet over medium; add sour cream and whisk until smooth. Cook until heated through, about 4 minutes, stirring. Add lemon juice and stir well.
- 5) Pour sauce over trout and serve immediately.