

# Fried Trout and Mushrooms with Lime

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## Ingredients:

1/3 cup vegetable oil  
2 pounds trout fillets  
¼ cup milk  
¼ cup all-purpose flour  
3 tablespoons butter  
¼ pound mushrooms, thinly sliced  
1/3 cup chopped fresh parsley  
Sea salt and black pepper, to taste  
2 limes, cut into wedges

## Directions:

- 1) Heat oil in a large, heavy skillet over medium-high.
- 2) Place trout in a large bowl; top with milk and turn to coat. Place flour in a separate medium bowl; add trout and turn to coat, shaking off excess flour.
- 3) Place trout in skillet and cook until golden brown on both sides, turning once, about 10 minutes total. Transfer to a serving platter and cover.
- 4) In a separate medium skillet, melt butter over medium heat. Add mushrooms and cook until softened, about 4 minutes, stirring. Continue cooking until mushroom liquid evaporates, about 4 minutes, stirring occasionally.
- 5) Add parsley and seasonings to taste to mushrooms; cook 2 minutes, stirring. Spoon mixture over trout; surround with lime wedges and serve.