

Pecan-Crusted Trout

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Crusty, nutty trout fillets with a buttery, citrusy pan sauce—tres incredible!

Ingredients:

1 cup pecans
½ cup all-purpose flour
1 egg, lightly beaten
4 (6-ounce) trout fillets
2 tablespoons olive oil
2 tablespoons butter
½ cup chopped shallot
1 teaspoon lemon zest
½ teaspoon dried thyme
½ teaspoon dried rosemary
¼ cup dry white wine
¼ cup heavy cream
¼ cup orange juice
Sea salt and black pepper, to taste

Directions:

- 1) Grind pecans in a food processor until coarse. Transfer to a medium bowl; add flour and mix.
- 2) Place egg in a separate medium bowl.
- 3) Dip each trout fillet in egg, shaking off excess; dip into pecan mixture, turning to coat.
- 4) Heat oil in a large skillet over medium. Add trout and cook until golden on both sides, turning once, about 8 minutes total. Remove trout from skillet; place on serving platter.
- 5) Add butter to skillet; melt over medium heat. Add shallot, zest, thyme, and rosemary; cook until shallot is softened, about 3 minutes, stirring.
- 6) Increase heat to high; add wine and cook until evaporated, scraping up bottom of skillet. When almost dry, add cream and juice to skillet; cook until thickened slightly, stirring, about 2 minutes. Season to taste.
- 7) Pour sauce over trout; serve immediately.