

# Sautéed Trout with Lime

Printed from Trout Recipes at <http://www.troutrecipes.org/>

## Ingredients:

2 lbs of trout, cleaned.  
¼ lb of mushrooms, sliced thin.  
2 limes.  
1/3 cups of corn oil.  
¼ cup of butter.  
¼ cup of all-purpose flour.  
2 tablespoons of milk.  
Chopped parsley.

## Directions:

Put the trout in a shallow dish and add the milk. Turn the trout so both sides are coated; then set aside.

Peel the lime. Cut the flesh from the white pulpy sections to make wedges. Set aside.

Remove the trout from the milk without patting dry, then dip it in the flour to coat all over. Shake off any excess flour.

In a large skillet, heat the oil to hold the fish in one layer.

Add the trout and cook over medium-high heat for about 3 minutes or until golden-brown on one side, then turn and cook on the other side, basting frequently, for about 10 minutes.

Transfer the trout to a warm serving platter and keep hot.

In another skillet, heat 1 tablespoon of butter and add the sliced mushrooms. Cook, shaking the skillet and stirring, until the mushrooms have softened. Keep cooking for about 3 minutes, until the liquid evaporates and the mushrooms are browned.

Place the mushrooms over the trout.

Position the lime wedges between the slices of mushroom.

In the skillet used for cooking the mushrooms, heat the remaining butter. Keep cooking until the butter is lightly brown, then pour over the trout.

Sprinkle with chopped parsley and serve.