

Trout with Mushrooms

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A simple and easy way to enjoy fresh fish, this delicate Trout with Mushrooms recipe features delicate mushrooms, battered trout, and creamy lemon sauce in an elegant and easy dinner any time. The lightly breaded trout and heavy cream sauce make this recipe as delicious as it is easy to prepare!

Ingredients:

½ lb fresh cremini mushrooms, sliced
6 Tbsp butter
2 Tbsp minced fresh parsley
1/3 c. all-purpose flour
¼ tsp salt
4 (6 oz) fillet trout
1/3 c. heavy whipping cream
½ tsp lemon juice

Directions:

1. In a large skillet, sauté mushrooms in 2 Tbsp butter until tender and browned. Remove from heat and stir in parsley; set aside.
2. In small shallow dish combine flour and salt; coat fillets with flour on each side, and set aside. Add 2 Tbsp of butter to skillet and melt. Cook trout over medium heat for 8 to 10 minutes on each side or until fish flakes easily work a fork. Set aside.
3. Melt remaining butter in small saucepan. Whisk in cream and lemon juice, stirring constantly. Bring to a boil for 3-4 minutes until slightly thickened, stirring constantly.
4. Arrange fish fillets over sautéed mushrooms on large serving platter.

Author: Catherine Herzog