



PanFried Whole Trout

Oscar · 28/09/2024



Prep Time

30 mins

Difficult

Medium

Servings

4

Description

This fried trout recipe is the best way to prepare freshly caught wild brook trout. Serve with a side of creamy mashed potatoes and steamed Swiss chard.

Ingredients

- 4 whole (12 ounce) trout
- cleaned with tails and heads on - 3 tablespoons olive oil - ½ cup all-purpose flour - ½ cup cornmeal - 1 teaspoon salt - 1 teaspoon ground black pepper - ½ teaspoon cayenne pepper - 2 lemons - cut into wedges
- for garnish

Instructions

1. Remove gills from trout and discard. Rinse under cold water and set aside. Heat olive oil in a large skillet over medium heat. Combine flour
2. cornmeal
3. salt
4. black pepper
5. and cayenne pepper in a shallow dish. Increase heat to high. Dredge trout in flour mixture. Fry coated trout in hot oil until fish flakes easily with a fork
6. 4 to 6 minutes per side. Serve garnished with lemon wedges.