

Trout Recipes

Baked Trout

1 lemon
1 Trout
Salt
Pepper
Garlic powder

Clean fish. Make about 4 slices on each side, squeeze lemon on fish. Sprinkle with garlic powder, salt and pepper. Cut remainder of lemon into slices and place on fish. Wrap in foil and cook at 400 F for 30 minutes.

BBQ. Trout

Fresh lemon
Onion, sliced
Fresh parsley
Butter
Salt & pepper
Trout

Prepare Trout by cleaning out and removing heads, tails don't matter. Cut 1 slice of lemon in half and squeeze juice over fish, then place on fish. To the top of fish add seasonings to taste. Cover with onion slices and chopped parsley, topping with teaspoon of butter. Wrap Trout individually in aluminum foil, wrapping tightly so ingredients will not escape. Cook until meat can easily be pulled away from bones.

Baked Trout With Sour Cream

Dressed Trout
1 tsp. Worcestershire sauce
1 tsp. prepared mustard
3 Tbsp. lemon juice
1 1/2 cups sour cream
1 cup chopped onion
Salt & pepper

Line a pan with aluminum foil. Salt and pepper Trout. Mix ingredients to make sauce and fill fish. Pour remaining sauce over fish. Bake about 1 hour in a 350 degree oven. Baste with sauce occasionally while fish bakes. Good for a large Trout.

Campfire Trout

2 Trout or Salmon
1 cn Stewed Tomatoes
1 Onion
4 tb Butter

For Salmon remove the solid rear portion of fish and freeze in the tent freezer for use at home. Lightly coat the rib cavities with salt and butter. Coarsely chop the onion and distribute between the two fish.

Form aluminum foil around the fish and seal ends. Distribute the small can of stewed tomatoes evenly between the two packages pouring over and into the fish. Seal foil tightly.

Place the foil packages along side of but not in the campfire, about five inches from the hot coals. Cook fifteen minutes then reverse the packages for an additional fifteen minutes.

Trout and Salmon are an oily fish that require considerable acidity to remove the oily taste. Best served with baked potatoes wrapped in foil and started twenty minutes in the campfire prior to starting fish. A nice wild green salad completes the meal.

Grilled Trout

2 sm Whole fish (about 1 lb. each), cleaned
Salt
Freshly ground pepper
To taste
1 Lemon
12 Sprigs thyme

Prepare hot coals for grilling. Cut 3 crosswise diagonal slits, about 1/2 inch deep and 2 inches apart, in each side of fish; don't cut down to bone. Sprinkle the fish lightly with salt and pepper, and rub it into the slits. Thinly slice the lemon; place 1 slice and 1 sprig of thyme in each slit. Wrap each fish in aluminum foil. Grill the fish over high heat turning once, until the flesh flakes easily when tested with a fork, about 10 minutes. Serve immediately.

Mountain Rainbow Trout

6 large fresh or frozen Trout
2/3 cup yellow cornmeal
1/4 cup all-purpose flour
2 tsp. salt
1/2 tsp. paprika
Shortening

Thaw fish if frozen. Combine cornmeal, flour, salt and paprika and use to coat fish. Heat oil until hot and cook fish a few at a time, 4 to 5 minutes, or until lightly browned. Turn and cook 4-5 minutes more until fish flakes easily with fork. Drain on paper towel before serving.

Pan-Fried Small Trout with Mushroom Sauce

18 oz Trout fillets -- 3-6oz. fillets
1 tb Lemon juice
1/4 ts Salt
1/2 c Skim milk
1 Egg -- beaten
3 tb Margarine
1 1/2 c Sliced mushrooms
2 tb Parsley -- minced
1 tb Lemon juice
1/2 ts Salt
1 3/8 ts Pepper
1 ts Hot sauce
1/2 c Dry bread crumbs
3 Lemon wedges

Sprinkle each fillet with one teaspoon of lemon juice and salt. Mix the milk with the egg, dip fish in the mixture, then coat with fine crumbs. Sauté trout in 2 tablespoon of margarine until they are brown on both sides and flesh flakes easily, then remove to warm plates. Raise heat to high, add the remaining tablespoon of margarine to the hot pan, stir in mushrooms, parsley and one tablespoon of lemon juice, 1/2 teaspoon salt, and pepper. Spoon one third of the mushroom mixture on top of fillets. Serve hot sauce and lemon wedges with trout.

Trout Amandine

6 Fillets Trout
1 cup milk
1/2 cup flour, sifted
1/3 cup butter
1/2 cup almonds, chopped
Salt and pepper to taste

Dip Fillets in milk, roll in seasoned flour. Melt butter in skillet and brown Fillets evenly on both sides. Remove from skillet. Saute almonds. Pour browned butter and almonds over fish. Garnish with parsley and lemon wedges.

Trout Sauteed With Bacon

8 slices of bacon
4 Trout (heads left on)
1/4 cup almonds (slivers)
1 lemon (quartered)
4 sprigs parsley
Flour
Salt
Pepper

Whole Trout In Sweet and Sour Sauce

1 Trout, whole, with head, firm-fleshed
2 lg Eggs, beaten
3/4 c Cornstarch
1/2 c Flour
Oil, peanut, for deep frying
Salt (to taste)
Pepper, white (to taste)
Sweet and Sour Sauce

Split the fish down the back and remove the backbone and entrails. Spread and sprinkle the fish with salt, and pepper.

Spread the beaten egg on the fish and sprinkle with cornstarch, then coat with flour. Pat to coat securely.

Heat the oil to very hot and fry fish until golden brown. Remove and let cool.

When ready to serve, put into hot oil to heat and crisp the fish.

