

Rainbow Trout with Brown Butter and Caper Sauce

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I originally got this recipe from Mel Camu. He was one of my fishing buddies when I lived in NorCal. This is the recipe we use 90% of the time for fresh Rainbow Trout. Why make it any other way?



Ingredients (serves 4)

4 trout fillets, boned, scaled, skin left on
Lawry's seasoning salt
Freshly ground pepper
1/2 cup cornstarch
2 tablespoons olive oil, for sautéing
2 tablespoons butter
1/4 cup Pinot Grigio
1/4 cup chicken stock
1/2 lemon, juiced
1 1/2 teaspoons cornstarch dissolved in 1 tablespoon cold water
1/2 lemon, cut into wedges

Directions

Season the trout with Lawry's salt and pepper. Put the cornstarch in a 1 gallon plastic bag, add the trout, seal and shake until coated on both sides. Shake off the excess.

Heat a fry pan on medium heat, then put the olive oil in the pan. Carefully add the trout to the pan. Cook until golden brown on both sides, about 2 to 3 minutes per side. Remove to a platter and keep warm.

Once the trout is all cooked, return the pan to medium-high heat. Add 2 tablespoons of the butter and cook just until it begins to brown and smell nutty, about 1-3 minutes. Add the capers, lemon juice, white wine and chicken stock and bring to a boil. Stir in the cornstarch and cook, stirring, for 1-2 minutes until thickened. Pour over the fish. Garnish with lemon wedges.

