

Sear-Broiled Parmesan Trout

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Defying the “no cheese on fish” rule, a classic American dish. So popular you can buy Parmesan Crusted Cod frozen at Walmart. LOL This recipe is pretty easy, fast and healthier than pan fried fish. Works well with any mild white fish like sole, cod or walleye.

Ingredients (serves 4)

4 trout filets, scaled, skin on

Egg Wash

2 eggs

1 tablespoon Dijon mustard

1 tablespoon water

Breading

1/3 cup seasoned Italian bread crumbs

1/4 cup grated Parmesan cheese

1 teaspoon seasoned salt or Cajun seasoning

Olive oil spray

Garnish:

Parmesan cheese, grated

1/2 lemon, juiced

2 tablespoons flat leaf parsley

1/2 lemon, cut into wedges

Directions:

In a shallow dish, combine the bread crumbs, Parmesan cheese and seasoned salt. In a bowl, whisk the eggs, Dijon mustard and water then transfer to a shallow dish.

Lightly spray olive oil a cutting board. To coat the fish, first dredge each fillet flesh side only in the egg wash. Then dredge each fillet, flesh side only in the breading. Place the breaded fillets skin side down on the oiled cutting board. Repeat this for each trout fillet. Lightly spray the breading on each fillet with olive oil.

Set an oven rack about 6” below the broiler heating element and set the broiler to high. Heat a large oven proof fry pan over medium heat. Spray olive oil on the pan. When the oil is just smoking, carefully add the trout fillets skin side down using a long spatula. Cook for 2-5 minutes until the fillet is cooked half way though, then transfer to the broiler. Broil for 2-5 minutes until the fish flakes easily with a fork and the breading is browned.

Remove the trout to a large serving platter. Sprinkle each fillet with Parmesan cheese and lemon juice. Garnish with parsley and serve with the lemon wedges on the side.

