

Pan Seared Idaho Trout w/ Orange Butter Almond Sauce

INGREDIENTS:

2 large trout fillet (about 8-10 ounces)

2 tablespoon olive oil

Salt and pepper, to taste

2 tablespoon butter

2 oranges, zested and juiced

1 cup chopped almonds

Lemon wedges, for garnish

Directions:

1. HEAT 2 TABLESPOON OLIVE OIL IN A CAST IRON SKILLET OVER MEDIUM HIGH HEAT.
2. SEASON THE FILLETS WITH SALT AND PEPPER AND PLACE SKIN SIDE UP IN SKILLET.
3. SEAR 3-4 MINUTES UNTIL THE FISH EASILY FLIPS. SEAR ANOTHER 3-4 MINUTES UNTIL THE SKIN IS CRISPY AND THE FISH FLAKES EASILY. REMOVE AND KEEP WARM.
4. IN THE SAME SKILLET MELT ONE TABLESPOON OF BUTTER. STIR IN THE ALMONDS SCRAPPING ANY BROWN BITS UP FROM THE BOTTOM OF THE PAN.
5. ALLOW ALMONDS TO TOAST ABOUT 1 MINUTE. STIR IN THE ORANGE JUICE AND ALLOW TO REDUCE JUST A BIT.
6. SEASON SAUCE WITH A BIT OF SALT TO TASTE AND POUR OVER TROUT. GARNISH WITH ORANGE ZEST AND PARSLEY.

YIELD: 2 SERVINGS