

How to Prepare Ruby Red Rainbow Trout Almondine

Difficulty Level:



Serves 2

Ingredients:

2 5-7oz Ruby Red Rainbow Trout Fillets 3 Tbl. Slivered Almonds 2 oz. Butter, unsalted	1 Tbl. Lemon Juice 1 Tbl. White Wine Salt and Pepper to taste
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How to prepare the fish

1. Season meat side and cook over high heat, meat side down for 1-2 minutes.
2. Turn over onto skin side and finish for 1 minute.

How to prepare topping

1. Preheat oven to 325 degrees.
2. Place slivered almonds on a cookie sheet and bake in the oven until gently browned, about 10 minutes (they will brown further with the heat from the pan so take them out with a little pale still showing)
3. Set aside to cool until needed.
4. Place the butter in a cold saute pan and place over medium heat. Let the butter melt and foam.
5. Swirl the pan till you see small bubbles of foam on top of the melted butter. Watch closely here. When bubbles become larger and start to fade, remove the pan from the heat.
6. Add your lemon juice and white wine. Watch for hot splatter since the liquid will have a larger reaction, but will cool down the butter.

How to assemble your dish

1. Sprinkle your toasted almonds over each of the fish fillets.
2. Spoon this topping over the almonds.
3. Sprinkle with the chives and serve.

Tip from the chef: To brown the butter perfectly, keep it on medium heat at all times. The goal here is to brown the butter and not to burn it. If you heat butter too fast, it will burn before you can add all the liquids into it. At first, you will have small bubbles of foam on top of the melted butter. As the liquid evaporates, the bubbles get bigger, until they start to fade. This is where you watch for the foam to go slightly brown, as well as the solids on the bottom of the pan. This would be your perfect moment to add all the liquids.

Try this wine pairing

A classic dish calling for a classic wine so try it with a white Burgundy, ideally from the village of Puligny Montrachet. With a hint of oak and a touch of butter combined with a refreshing lemon-flavored finish; it easy to see why these two are such a classic pairing.