



SKILLET-SEARED TROUT



 50 minutes

Meal Difficulty

 Serves 6



COOKING DIRECTIONS

- 1 Preheat the oven to 300°F.
- 2 In a small bowl, stir together softened butter, grated garlic, lemon zest, smoked paprika, and cayenne.
- 3 Spread flour in a thin layer on a shallow dish or plate. Season with salt and pepper. Pat trout dry with a paper towel, then lay skin-side down in seasoned flour, pressing gently to coat the skin with a thin layer of flour.
- 4 Using the back of a spoon, spread seasoned butter evenly over the top of the filets.
- 5 Heat olive oil in the Farmhouse Skillet over high heat until shimmering. Add trout skin-side-down and cook without moving for 2 minutes. Add capers and transfer skillet to the oven until trout is just cooked through, about 3-5 minutes longer.
- 6 Remove from the oven and sprinkle with lemon juice and fresh thyme. Season with sea salt and freshly ground black pepper to taste. Serve immediately.

INGREDIENTS

3 tbsp unsalted butter, at room temp
1 clove garlic, finely grated
1/2 tsp finely grated lemon zest
1/4 tsp smoked paprika
pinch cayenne
4 (3-oz) trout filets, skin-on (from 2 butterflied and deboned trout)
3 tbsp all-purpose flour
1 tbsp olive oil
1 tbsp capers, rinsed
1 tsp freshly squeezed lemon juice
1 tsp fresh thyme leaves
sea salt and freshly ground black pepper, to taste