

| DISH | | Trout Almondine | |
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| Ingredients serves 2 | | Method | |
| <p>1 whole trout, about 12 oz (300-330 g)</p> <p>1 tablespoons plain flour</p> <p>1 tablespoons oil</p> <p>1 tablespoons butter for frying</p> <p>2 tablespoons butter for sauce</p> <p>Juice of half a lemon</p> <p>(1 oz) 30 g slivered almonds browned salt and pepper</p> <p>1 glass dry white wine</p> | | <ol style="list-style-type: none"> 1. Put the flour with salt and pepper into a plastic or paper bag or a plate. 2. Trim the trout, put them into the bag and shake it so the trout is coated with the seasoned flour . 3. Heat the oil in a frying pan large enough to hold the trout, then add the butter and let it melt . 4. Put the floured trout into the frying pan and cook over a medium heat for 3 - 4 minutes each side. 5. Fry them until they are golden and the flesh is flaking. 6. Take the trout out and put on to a warm plate. 7. Add white wine and reduce by half then add the slivered almonds and turn the heat down, add lemon juice and swirl in the butter to finish the sauce. | |