

CAROLINA RAINBOW TROUT AMANDINE

Shellfish stock 2 cups (canned fish or clam broth will substitute)

Heavy cream 1 cup

Almonds sliced and toasted 3 oz.

Salt and cracked black pepper to taste

Rainbow trout 2 each, 8-10 oz. portions, whole, headless, skin on filet

Olive oil 2 Tbls.

Butter 2 Tbls.

Thyme sprigs 4 each

Bay leaf 1 each

In small sauce pot, bring reduced shellfish stock to a simmer. Add cream and reduce to sauce like consistency. Add almonds and chives.

Reserve and keep warm.

Heat oil and butter in medium pan till butter becomes nutty, tan and fragrant. Season the fish portions on top, bottom and inside each cavity. Carefully lay fish into hot oil and butter and let sear for 3-4 minutes without moving. With spatula, flip fish over being careful not to tear the delicate skin. Add thyme and bay leaf to pan and baste fish generously with its own juices. Place pan in preheated 350 degree oven and cook for 4-5 more minutes or till done.

Arrange fish on dinner plates with sauce drizzled around the outside.

Serve with Citrus Carolina Gold Rice and Baby Green Beans

SERVES 2