



GOLDEN TROUT WITH BROWNED BUTTER

2 individual Whole Golden Trout (8 to 10 oz.) cleaned, head and tail removed

1/2 cup all-purpose flour

1/2 cup yellow cornmeal

1/2 tsp. salt

1/4 tsp. black pepper

1/2 cup butter

2 tbsp. drained capers

Lemon wedges, fresh parsley

On a large platter, mix flour, cornmeal, salt and pepper. Rinse trout and pat dry; place in flour mixture and turn to coat all sides.

In a small saucepan over medium heat, bring butter to a simmer; remove from heat. With a spoon, skim off and discard foam, leaving clarified butter behind to use for sauce.

Pour 1 tablespoon of clarified butter into a 12 inch non-stick frying pan over high heat; place trout, skin side down, in pan and cook until browned on the bottom, about 3 minutes. Turn fish with a wide spatula, reduce heat to medium and cook until fish is barely opaque, but still moist looking in the center of the thickest part about 2 to 4 minutes longer.

In the small saucepan, add drained capers to remaining clarified butter and shake pan over medium heat until capers pop open, about 2 minutes.

Transfer trout, skin side down to a warm plate. Spoon caper butter sauce over fish and garnish with lemon wedges and parsley sprigs. Add salt and pepper to taste.

Makes 2 servings