

Lemon Basil Trout

Fresh trout fillets

1 lemon

4 tablespoons high-heat olive oil

Fresh basil (or any fresh/dry herb)

Salt and pepper

Lemon/Basil Oil

About 30 minutes prior to cooking the trout, mix 4 tablespoons oil, a generous amount of finely ripped-up basil and juice from half the lemon into a small ceramic dish, mix and set aside.

Trout

Make sure the trout is clean and patted dry with a paper towel.

Salt and pepper the flesh side of the fillets prior to putting them in the pan.

Heat sauté pan to medium high, drizzle some of the lemon basil oil in the bottom of the pan.

Place trout fillets flesh side down in the pan for about 3 minutes or until slightly browned.

Flip them over and baste with the lemon basil oil, turn down the heat.

Trout is done when it flakes with a fork after about another 2-3 minutes.

Remove from heat and enjoy!

Recipe courtesy of Peter J Fritsch, President, Rushing Waters Fisheries

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