

A recipe from

DAD'S CHILE COOKBOOK



Heat Rating:



Pan-Seared Trout

Similar to Recipe by Virginia Willis, in "Back to Basics Y'All"

The original recipe doesn't call for the chiles; leave them out if you don't like the heat. It's not that hot, though, really; trust me...

¼ cup canola oil, plus more as needed
1 cup pecans, finely chopped
1 cup fresh panko breadcrumbs
¼ cup chopped flat-leaf parsley
1-2 Serrano chiles, finely minced
4 trout filets, 6-8 oz size, skin on
kosher salt and freshly ground black pepper, to taste
lime wedges, for garnish

Prepare the oven for warming by heating to 200° F. Place foil on a large baking sheet; brush with a bit of oil. Set aside.

Combine pecans, breadcrumbs, parsley and chiles in a shallow bowl or pie tin. Season fish filets with salt and pepper, then press the flesh side of each filet into the pecan mixture.

Heat 1 ounce oil in a large skillet over medium to medium-high heat. Place 2 fish filets in the pan, crust side down, and cook until golden brown, about 2-3 minutes. Turn and cook for another 2-3 minutes, or until fish flesh is opaque in the center. Place these two filets on the baking sheet and put into the oven to keep warm. Repeat frying process with remaining fish.

Transfer to warmed serving plates and serve immediately, garnished with lime wedges. A light white wine goes well with this dish.

Yield: Four servings

Preparation time: 10 minutes

Cooking time: 12-15 minutes

