

*A recipe from*

# DAD'S CHILE COOKBOOK



Heat Rating:



## Pan-Roasted Trout Ranchero

Adapted from Recipe in "The Texas Cowboy Kitchen" by Spears and Naylor

Easy fish recipes abound, but one with flavor AND a bit of kick are rare. This dish can be made at home, or out in the woods near your favorite trout stream...

*4-6 trout butterflied trout filets, with skin (2 lbs or so)  
sea salt and freshly ground black pepper, to taste  
cayenne pepper, optional, to taste  
3 Tbsp light olive oil  
1 sweet onion (Texas 1015 or similar), cut into thin half-moon ribbons  
4 fresh jalapeños, seeded, cut into matchsticks  
4 cloves garlic, thinly sliced  
4 Roma tomatoes, halved and seeded, then roughly chopped  
juice of 2 limes  
cilantro leaves and sprigs, garnish  
jalapeño slices, garnish  
lime wedges, garnish*

Rinse fish and season with salt, pepper and cayenne. Place a large sauté pan over medium heat and add the olive oil. Pan-fry the trout, opened and skin side down (to start), for 1-2 minutes per side. Don't overcook the fish! Place cooked fish on a warmer plate; repeat as necessary until all filets are cooked.

In the same pan, melt the butter of medium-high heat. Sauté onion, jalapeño and garlic for about 3 minutes, or until onion is just turning translucent. Add the tomatoes and sauté for 3-4 minutes, stirring often. Season with salt and pepper, and add lime juice at the end.

To serve: Place a fish on an oblong plate, top generously with sautéed veggies, garnish as desired and serve with lime wedges and a nice beer.

Yield: Four to six servings

Preparation time: 10 minutes

Cooking time: 12-15 minutes

