



From the Culinary Company Kitchen

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Pan-fried Trout with Bacon

Yield: 6 portions

INGREDIENTS	AMOUNTS
Vegetable Oil	As needed
Parsley, Flat leaf	12 Sprigs
Bacon, thick sliced and minced	6 ea
Trout, Brook (8-10 oz each)	6 ea
Salt	1 tsp
Black Pepper, ground	¼ tsp
Cornmeal, (for dredging)	As needed
Lemons, wedged	2 ea

Process

1. Cut lemons into wedges
2. Pour vegetable oil into a 2 qt saucier to ½ in depth and heat to 375° on a deep fry thermometer. Gently submerge dry parsley sprigs into oil and fry for 1 minute. Remove, drain and reserve at room temperature for service
3. Render bacon in a 4 qt sauté pan until crisp. Remove bacon, drain and reserve.
4. Preheat oven to 200° to hold trout after pan-frying
5. Season trout with salt and pepper. Dredge in cornmeal.
6. Return sauté pan with bacon fat to medium-high heat and add enough vegetable oil to come to ¼ in depth. Wait for oil to shimmer on top
7. Cook 2 trout at a time, 3-4 minutes per side. Slightly undercook first four trout due to holding in oven. Adjust heat, if needed to prevent scorching
8. Serve trout immediately, garnished with bacon, parsley and lemons