

Quirky Trout (pan-fried)



(tip: check the cabin's cupboards, and the local grocer's stocks. Some ingredients might not be available until the next perishables arrive in town)

Ingredients

1 x locally caught nice sized brown lake trout, preferably filleted (4 servings)

½ teaspoon cayenne pepper (or similar)

1 teaspoon Worcestershire sauce

½ cup lime juice

1 cup flour

¼ cup melted butter or margarine

More lime juice if desired

½ cup slivered and toasted almonds

1 tablespoon chopped fresh parsley for garnish (not compulsory)

Small lime slices for garnish

Season the fish fillets with salt, cracked pepper, and cayenne pepper to taste. Dip the fillets in flour and coat well on each side.

Heat a large frying pan (or alternatively you can bake the whole fish in a roasting dish) then add butter or marg (olive oil will suffice if roughing it). Cook each size – probably best done in pairs unless you have a large electric frying pan.

Place fillets on a heated plate, preserving the juices in the pan. Add the half cup of juice to the pan and bring it to the boil. Place ¼ of the almonds on each fillet, pour the pan drippings over the fillets, garnish with parsley and lime slices.