

# Troutways Private Retreat



## Trout Recipes

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# Bacon Grilled Cajun Trout

## Ingredients:

- 4 whole trout (approximately 1 pound each) cleaned, with heads and tails removed
- 1 (16 Oz) bottle Cajun-style marinade
- 1 Tbsp olive oil
- 1 (14.5) oz canned diced tomatoes
- ½ c. green pepper, minced
- ½ c. celery, minced
- ½ c. onion, minced
- 1 Tbsp Cajun seasoning
- ¼ c. bacon bits
- 8 slices thick-cut bacon
- Butcher twine

## Directions:

1. Set up grill for direct cooking over medium heat. Prepare by brushing grate with oil.
2. In large ziplog bag combine trout and marinade, reserving ¼ c. marinade for sauce. Seal bag and marinate trout for 30 minutes to 2 hours.
3. In a small saucepan heat 1 Tbsp olive oil over medium heat. Saute green pepper, celery and onion until tender and aromatic, approximately 5-7 minutes. Add marinade, tomatoes, Cajun seasoning and bacon bits. Bring to a boil, and lower heat. Simmer for 5 minutes and set aside.
4. Cut Butcher twine into 12-inch long pieces, preparing 12 pieces of twine. Lay 3 pices of twine horizontally on a sheet pan, evenly spaced. Lay 1 slice of bacon vertically on top of bucher twine, and place 1 fish on top of bacon slice. Top fish with another slice of bacon and tie each piece of twine so that each fish has 3 knots securely holding fish in place. Repeat process for remaining fish.
5. Place whole fish on grill and cook for 15-18 minutes, turning every 3 to 4 minutes. Remove from grill, cut away twine, and top with prepared Cajun sauce. Serve warm.

# Pecan-Crusted Trout

## Ingredients:

1 cup pecans  
½ cup all-purpose flour  
1 egg, lightly beaten  
4 (6-ounce) trout fillets  
2 tablespoons olive oil  
2 tablespoons butter  
½ cup chopped shallot  
1 teaspoon lemon zest  
½ teaspoon dried thyme  
½ teaspoon dried rosemary  
¼ cup dry white wine  
¼ cup heavy cream  
¼ cup orange juice  
Sea salt and black pepper, to taste

## Directions:

- 1) Grind pecans in a food processor until coarse. Transfer to a medium bowl; add flour and mix.
- 2) Place egg in a separate medium bowl.
- 3) Dip each trout fillet in egg, shaking off excess; dip into pecan mixture, turning to coat.
- 4) Heat oil in a large skillet over medium. Add trout and cook until golden on both sides, turning once, about 8 minutes total. Remove trout from skillet; place on serving platter.
- 5) Add butter to skillet; melt over medium heat. Add shallot, zest, thyme, and rosemary; cook until shallot is softened, about 3 minutes, stirring.
- 6) Increase heat to high; add wine and cook until evaporated, scraping up bottom of skillet. When almost dry, add cream and juice to skillet; cook until thickened slightly, stirring, about 2 minutes. Season to taste.
- 7) Pour sauce over trout; serve immediately.

# Trout With Lime & Thyme

## Ingredients:

2 trout fillets  
1 tablespoon olive oil  
1 tablespoon minced fresh thyme or 1/2 tablespoon dried thyme  
2 cloves garlic, minced  
1/2 teaspoon coarse-grind black pepper  
1/8-1/4 teaspoon cayenne pepper  
1 lime, juice of

## Directions:

- 1 In a plastic zipper bag, combine all ingredients and mix well to coat the fish fillets.
- 2 Allow to marinate in the refrigerator at least 2 hours.
- 3 When ready to cook, discard marinade and grill, broil or saute trout as you normally would (I like to saute it for about 10 to 15 minutes total, turning once, until fish flakes easily).

# Poached Trout in White Wine and Garlic Sauce

- 2 Rainbow trout fillets (1/2 lb each)
- 75g Butter (Salted)
- Cup of white wine
- half a cup of water
- two garlic cloves
- 1 stem of celery
- 1 cup of double cream

## Poached Trout Recipe – Preparation

Add 25g of butter to a heavy frying pan followed by the finely sliced celery and crushed garlic. Cook gently for 10 minutes until the celery has softened. Add the wine and water, followed by the trout fillets and poach for 10 minutes. Remove the fillets and place on a warm plate covered with foil to keep warm.

Add the remaining butter to the pan with the remaining liquid. Reduce down until fluid is thickened to runny gravy and then add the double cream and continue to reduce until the sauce is thickened.

Cover the fish with the sauce and serve with fresh green veg and new potatoes. Try adding a few sprigs of mint to the boiling water for extra fresh and tasty spuds.

Cooking Time: 20 mins

Serves: 1 fillet per person

Some nice crusty bread always goes down well with this dish.

# Rainbow Trout Goujons with Crispy Panko Breadcrumbs

## Ingredients - (For the rainbow trout goujons and salad)

- 4 fresh rainbow trout fillets
- 75g of Panko breadcrumbs
- 2 handfuls of herb salad ( I like to include; chives, baby parsley and baby coriander, mixed with young lettuce leaves)
- 6 cherry tomatoes
- balsamic vinegar
- sea salt
- freshly ground black pepper
- Lemon wedges
- 3-4 heaped tablespoons of plain flour
- 1 large free-range egg beaten
- Sunflower oil for shallow fry



## For the tartar sauce

- ½ teaspoon of Dijon mustard
- ½ teaspoon of white wine vinegar
- 1 free-range egg yolk
- 150ml/5fl oz vegetable oil
- ¼ lemon, juice only
- 1 hard-boiled egg, peeled, finely chopped
- 1½ teaspoons of chopped fresh tarragon
- 1½ teaspoons of capers
- 1½ teaspoons of chopped gherkins
- 1tablespoon chopped fresh parsley
- sea salt and freshly ground black pepper

### Method – (For this version of tartar sauce)

1. Whisk vinegar, mustard and egg yolk together until well combined (I tend to use a small food processor).
2. Slowly pour in the oil in a thin stream, whisking the mixture continuously, until it forms a mayonnaise (sometimes the mixture gets a little thick or begins to split. If this happens just continue beating and add a little water).
3. Once all of the oil has been added, season with salt and freshly ground black pepper and add lemon juice, to taste. Stir in the rest of the tartare sauce ingredients. Chill until needed.

### For the rainbow trout goujons with crispy panko breadcrumbs:

1. Take trout fillets and remove skin with a filleting knife and cut into goujons of desired size.
2. Put a dusting of flour on plate, beat the eggs into a bowl and place the panko breadcrumbs onto a separate plate.
3. Dip the rainbow trout goujons into the flour, followed by the egg and then finally roll in the panko breadcrumbs.
4. Heat a little oil in a frying pan, test the oil temperature with a pinch of breadcrumbs (they should sizzle and turn golden-brown). When up to temperature, fry the trout goujons for 3-4 minutes. You may need to do a few batches. Ensure the goujons are golden brown and cooked through (but not overcooked). Remove from the pan with a slotted spoon place on kitchen towel to dry.

### For the Salad

Add a small pile of the herb salad leaves to the plate, drizzling with balsamic vinegar. Place quartered cherry tomatoes within the leaves

Place goujons on or around salad and drip with tartar sauce.