

Honey-Fried Trout

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While an unusual ingredient for fried fish, honey really makes the flavors of golden trout pop.

Ingredients:

2 (4- to 6-ounce) trout fillets
1 lemon, halved
½ cup cornmeal
¼ cup all-purpose flour
Se salt and black pepper, to taste
1/3 cup milk
1 medium egg
4 tablespoons butter
2 tablespoons honey

Directions:

- 1) Rub trout fillets with lemon halves to coat.
- 2) Mix together cornmeal, flour, salt, and pepper in a medium bowl. Whisk together milk and egg in another medium bowl. Dredge trout in cornmeal mixture, shaking off excess. Dip into milk mixture, and dip into cornmeal mixture again.
- 3) Melt butter in a large skillet over medium heat. Add trout and cook until golden brown on both sides, turning once, about 5 minutes total.
- 4) Pour honey over fish in skillet; lower heat to low, cover, and cook 4 minutes. Serve immediately.