

Trout Meuniere

By Henry Scott

Yield: 4 Servings

Ingredients

4 Trout Fillets
1 tsp. Salt
1/2 tsp. Pepper
1/4 c Flour
4 T. Butter
1 T. shallots, minced
2 T. Lemon juice
1 T. Chopped parsley

Instructions

1. Salt and pepper trout & lightly dredge with flour.
2. In large, heavy skillet, heat two tablespoons butter until it begins to turn slightly brown, but not burnt.
3. Add trout, skin side down 1st, leaving a little space between pieces so they do not touch.
4. Cook until slightly golden & crispy then turn fish and cook for 5 minutes on the other side.
5. Remove fish to heated serving dish and keep warm.
6. Add 2 tablespoons butter to skillet and cook until butter is slightly browned, add shallots and sweat until soft.
7. Add lemon juice and parsley.
8. Plate trout and pour pan sauce over fish.

New Potato & Green Bean Salad

By Henry Scott

Ingredients

Dressing

- 2 T. red wine vinegar
- 2 T. Dijon mustard
- 1 T. shallot, minced
- Dash of Worcestershire sauce
- 4 T. extra-virgin olive oil

Salad

- 1 pounds small red-skinned new potatoes, cooked, cooled, quartered
- 1/2 pound fresh green beans, trimmed, blanched, cooled, slice in half
- 6 leaves parsley, chopped

Instructions

1. Whisk together all dressing ingredients except oil, then gradually whisk in oil. Season to taste with salt and pepper.
2. Combine beans, potatoes, and parsley in a large bowl. Add dressing a little at a time, tossing, just enough to coat. Season with salt and pepper. (Can be prepared 4 hours ahead; cover and let stand at room temperature.)
3. Serve with Trout Meuniere.