

SAND TROUT RECIPES BY Ed Snyder/Outdoors

BROILED SEA TROUT WITH BASIL SAUCE

INGREDIENTS

1 cup fresh basil; 1/4 cup fresh flat-leaf parsley; 1 large garlic clove tablespoons extra-virgin olive oil; 1 tablespoon water; 1 tablespoon fresh lemon juice; 4 (6-8 oz) sea trout, bluefish, or mackerel fillets, with skin.

ACCOMPANIMENT

Lemon wedges, Tomato gratin or potato, red pepper, and fennel salad would make a terrific accompaniment to the fish.

PREPARATION

Preheat broiler. Finely chop basil, parsley, and garlic together in a blender. Add 3 tablespoons oil and purée, then blend in water, lemon juice, and salt and pepper to taste. If desired, thin with more water. Arrange fillets, skin sides down, in an oiled shallow (1-inch-deep) baking pan. Brush fish with remaining tablespoon oil and season with salt and pepper. Broil 5 to 6 inches from heat until just cooked through, about 7 minutes. Serve fish with sauce.

MUSTARD FRIED SEA TROUT

Six Trout filets. Dry filets with paper towels. Lightly brush both sides of skinless filets with garden mustard. Coat filets in seasoned Cajun Fish Fry. Deep-fry in peanut oil until golden brown. Place filets on paper towels and allow to drain. Plate crispy filets with french fries and coleslaw, serve with favorite chilled beverage. (Mustard won't overpower the fish but will enhance its flavor)

PAN FRIED TROUT WITH REMOULADE

INGREDIENTS

4 (1/2-pound) dressed sea trout; 1 teaspoon salt; 1/4 teaspoon pepper; 1/2 cup all-purpose flour; 2 eggs, beaten; 1 cup cornmeal; 1/2 cup butter or margarine; 1/2 cup vegetable oil; Lemon slices; Remoulade Sauce.

PREPARATION

Rinse fish thoroughly in cold water; pat dry. Sprinkle fish with salt and pepper. Roll fish in flour; dip in egg, and dredge in cornmeal. Heat butter and oil in a large skillet over medium-high heat. Add fish, and cook until golden brown, turning once. (Fish is done when it flakes easily when tested with a fork.) Drain well on paper towels. Transfer fish to a serving platter, and garnish with lemon slices. Serve with Remoulade Sauce.

DEEP FRY TROUT FILETS COUNTRY STYLE WITH HUSH PUPPIES (My all time favorite)

INGREDIENTS

6 sand trout filets; Mixture of 50% self rising flour and 50% self rising cornmeal; 2 eggs; salt & pepper; steak fries; chopped green onions.

PREPARATION

Mix flour and cornmeal, salt and pepper to taste. soak filets in whipped eggs, dip in flour and cornmeal; drop dredged filets in hot peanut oil until both sides are golden brown. remove from oil and drain on paper towels; add steak fries to hot oil and cook till golden brown, then drain on paper towels.

HUSH PUPPIES

Blend whipped eggs and cornmeal/flour mix, add finely chopped green onions, mix well. Using teaspoons, fill one teaspoon with hush puppy mix, use other to drop hush puppy mix into hot oil. Repeat several times until hush puppy mix is gone. When puppies float to the surface they are done; drain on paper towels. Serve up buffet style with your favorite chilled beverage.