

## TROUT PECAN WITH LEMON BUTTER SAUCE

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### *Lemon Butter Sauce*

- 1** teaspoon flour
- ¼** cup beef stock or broth
- ¾** pound butter
- 2** tablespoons lemon juice
- Salt and pepper

- 1½** pounds trout fillets
- Flour for dredging

- 2½** tablespoons butter
- 1** cup pecans
- 1½** tablespoons Worcestershire sauce

**PREPARATION:** *For the sauce,* dissolve the flour completely in 1 teaspoon of cold water. In a small saucepan, combine the beef stock and dissolved flour and cook, stirring, over medium heat until slightly thick, about 6 minutes. Add butter and let melt. Whisk in lemon juice and salt and pepper.

Recipe can be made to this point several hours ahead.

**COOKING AND SERVING:** Heat oven to 200°F. Dredge fillets in flour and shake off excess. Melt 2½ tablespoons butter in a large frying pan over medium-high heat. Sauté fillets in butter, turning once, until golden on both sides, about 8 minutes total. Transfer fish to a warm platter and keep warm in preheated oven. Add the pecans to the pan and cook for about 1 minute until lightly browned.

Add the Worcestershire sauce and Lemon Butter Sauce to the pan and reheat sauce very gently just until warm. Put trout on plates and top with sauce and pecans.

**YIELD:** 4 servings