

TROUT WITH ALMONDS

[45]

*This simple and delicious dish is a classic. The word *almondine* exists neither in French nor in English, only in American restaurants trying to be French. Call it trout with almonds or *amandine*. It can be made with other small, whole fish, too, and the almond-butter topping is good on broiled or sautéed fillets.*

- 4 trout with heads and tails intact (about ½ pound each)
- Salt and pepper
- Flour, for coating trout
- 2 tablespoons oil
- 6 tablespoons butter, preferably clarified
- ½ cup sliced almonds
- Lemon wedge, for garnish

COOKING: Season each trout with salt and pepper. Coat with flour, shaking off the excess. In a frying pan large enough to hold the trout in a single layer, heat the oil and 3 tablespoons of the butter over medium-high heat until foamy. Add the trout, reduce heat slightly, and sauté, turning once, until just done, about 8 minutes total. Transfer to warm serving plates.

Trout with Almonds can be made with any type of trout or, in fact, with any lean fish of about the same size.

Wipe the pan with a paper towel. Add the remaining 3 tablespoons of butter and melt. Add the almonds and toss until golden, about 6 minutes.

SERVING: Immediately spoon the buttered almonds over the trout and garnish with lemon wedges.

YIELD: 4 servings

