

Basin Harbor

Sautéed Brook Trout

Ingredients

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| 1/2 cup flour | 2 cups milk |
| 1/2 cup fine cornmeal | Dash Tabasco |
| 1/4 tsp garlic powder | 1/2 cup peanut oil |
| 1/2 tsp salt | 2 tbsp unsalted butter |
| Fresh ground black pepper | Lemon wedges |
| 8 - 10" Brook trout or 16 - 6" Brook trout | |

Method

1. In a long, shallow dish combine flour, cornmeal, garlic powder, salt and pepper. Set aside.
2. Clean the trout. In a small bowl, combine milk, Tabasco, and pour over trout. Remove the trout from the milk and roll to coat evenly in the flour mixture. Place on a dry plate.
3. In a heavy cast iron skillet over medium heat, heat oil. Add butter and when it foams add the trout. Cook to brown on one side and turn. Cook for a little less than 10 minutes per inch of the thickness at the thickest part of the fish. Remove from skillet carefully onto paper to drain. Place on heated plates. Serve with lemon wedges or with brown butter moistened with lemon juice and parsley. Serves 8.

Some suggested seasonal side dishes: Steamed Fiddleheads, Braised Wild Leeks, Sautéed Morel Mushrooms

