

— mains —

ALMOND-CRUSTED TROUT WITH LEEK AND LEMON CREAM



30 minutes



30 minutes



6 servings

INGREDIENTS

Leek and Lemon Cream Sauce:

- 2 medium leeks OR 2 cups (500 mL) finely chopped onion*
- 2 tbsp. butter (30 mL)
- 3 tbsp. fresh lemon juice (45 mL)
- 1 cup whipping cream (250 mL)
- salt and pepper to taste

Almond-Crusted Char:

- 1 cup chopped sliced almonds (250 mL)
- 1 tbsp. chopped fresh parsley (15 mL) OR 1 tsp (5 mL) dried
- 1 tbsp. grated lemon peel (15 mL)
- 1/2 tsp. salt (2 mL)
- 1/8 tsp. ground black pepper (0.8 mL)
- 1/3 cup flour (125 mL)
- 6 x 6 oz. skinless char fillets (6 x 170g)
DLS** OR salt and pepper to taste
- 1 large egg, beaten
- 2 tbsp. butter (30 mL)
- 2 tbsp. olive oil (30 mL)

INSTRUCTIONS

To make the sauce

1. Wash leeks thoroughly. Cut in half and slice thinly (use only the white and pale green parts). In a heavy saucepan, sauté leeks in butter for two minutes over medium-high heat. Reduce heat, cover and cook until tender, about 20 minutes.
2. Reduce heat to medium. Add lemon juice and stir until the liquid evaporates, about 1 minute. Stir in cream. Simmer until slightly reduced, about two minutes. Cool slightly.
3. Season to taste with salt and pepper. If not using immediately, refrigerate until ready to serve; then reheat.

ALMOND-CRUSTED TROUT WITH LEEK AND LEMON CREAM (CONTINUED)

To prepare the char

1. Combine the almonds, parsley, lemon peel, salt and pepper on a plate. Place the flour on another plate.
2. Sprinkle char with DLS**. Dredge the char with flour, shaking off excess. Lightly brush one side of each salmon fillet with beaten egg. Press brushed side of fillets into almond mixture, pressing lightly to make it adhere. Set fillets aside until all are prepared.
3. Melt 1 tbsp. (15 mL) butter and 1 tbsp. (15mL) oil in a heavy, large skillet over medium heat. Add fillets, almond side down. Cook in two batches if necessary. Cook until the almond crust is brown, about five minutes. Turn fillets over and sauté until cooked through, about 3 – 5 minutes. Serve with the reserved sauce.

NOTE

*Pour boiling water over onions – let sit for 5 minutes, drain and use as above.

*Dymond Lake Seasoning (DLS) is our own unique blend of herbs and spices that enhances the flavor of soups, stews, sauces, seafood, salads, vegetables, meats and all wild game.

