

## ***Pan Fried Steelhead Trout***

By: Chef Steve Watson – Central Dairies

### ***Ingredients:***

1 Steelhead Trout, cleaned, filleted, pin bones removed and cut into 6 oz portions  
2 tbsp. flour  
Salt to taste  
7 tbsp spy glass butter  
3 tbsp extra virgin olive oil  
2 tbsp lemon juice  
2 tbsp minced chives

### ***Method:***

Rinse fish under cold running water and pat dry with paper towels. Dust lightly with flour and sprinkle with salt. In large skillet, melt 3 tablespoons of the Spy Glass butter and the oil. When it is hot, put in trout and fry over medium-high heat. When browned, turn and brown the other side: each side will take about 3 minutes. Melt the remaining 4 tablespoons of Spy Glass butter with lemon juice and chives in small saucepan. When trout is done, transfer to a warm platter and pour on sauce.



*This recipe of pan fried steelhead trout has been used for the past eight years for the Annual Rennies River fund raising dinner on Regatta day eve at the Fluvarium in St. John's, NL.*