



fresh fish markets

## HAZELNUT BROWN BUTTER TROUT

by Vicky Murphy | serves 4

### INGREDIENTS

- 4 8-oz pan-dressed trout
- ¼ cup hazelnuts, coarsely chopped
- 4 tablespoons unsalted butter
- 2 tablespoons balsamic vinegar
- 2 tablespoons lemon juice

**TIP:** Halibut, catfish or snapper also work well with this recipe.

### Sara Says:

*This is my favorite! Pan-dressed trout is cleaned and split down the backbone so it cooks more evenly.*

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Mix together ½ t salt and large pinch of black pepper. Spread 4 trout open and sprinkle evenly with salt and pepper mixture. Set aside.

In large nonstick skillet, heat 1 T olive oil over medium-high heat. Add 2 trout, skin side up; cook without moving for 2 minutes. Turn and cook another 2 minutes or until fish flakes easily with fork.

Transfer fish to plates, skin side down, and keep warm. Add additional oil if needed and cook remaining 2 trout. Transfer to plates and keep warm.

Reduce heat to medium. Add butter and hazelnuts to skillet. Cook, stirring often, about 2 minutes until butter and nuts begin to brown. Stir in vinegar and lemon juice. Cook for 30 seconds until slightly thickened. Stir in remaining ¼ teaspoon pepper.

Pour nut mixture evenly over trout and serve immediately.

We're picky about our seafood.  
We think you should be too.

