

HOOKED ON FISH

Fresh. Simple. Sustainable.

Pan-Fried Steelhead with Chantrelles **adapted from Nourished Kitchen**

HOF note: Every time we make this recipe, we experiment. It calls for clarified butter but we use regular butter and it is delicious. We have also made this recipe omitting the heavy cream and instead adding a small bit of crème fraîche. We have also added shiitake mushrooms.

2 tbsp clarified butter/ghee (or regular old butter)
4 fillets steelhead or rainbow trout, (about 6 ounces each)
½ tsp sea salt
1 tsp ground black pepper
1 small shallot, (peeled and finely minced)
4 ounces chanterelle mushrooms, (sliced thin)
¼ cup heavy cream
1 tbsp chopped fresh flat-leaf parsley

Melt one tablespoon clarified butter (or butter) in a skillet over medium heat. As it melts, season the trout fillets with one-half teaspoon sea salt and one teaspoon ground black pepper. Place the fish skin-side down in the melted butter and cook, covered, for about eight minutes or until the fish flakes easily when pierced by a fork. Keep warm while you prepare the chanterelles.

Melt remaining tablespoon butter in a separate skillet over medium heat. Stir in minced shallot and sauté until fragrant and translucent, about two minutes. Stir in sliced chanterelles and sauté three to five minutes or until softened slightly. Pour in heavy cream and cook, stirring constantly, until the cream is thick and glossy—about two minutes. Stir in parsley and serve over fish.

Serves 4

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