

Hot and Crunchy Trout

Stephanie Collins

6 (8 oz.) trout fillets

¼ cup almonds

¼ cup sesame seeds

2 cups corn flakes

¼ cup sugar

1 ½ Tbsp. red chili flakes

1 Tbsp. salt

1 cup milk

2 eggs

1 cup flour

6 Tbsp. clarified butter

Sauce:

½ cup mango jalapeño sauce

*(I use Fischer & Wieser
Mango Ginger Habanero
Sauce)*

Juice of 2 lemons

1 bunch cilantro leaves, only
rough cut

½ cup mayonnaise

2 cloves garlic, minced

½ Tbsp. salt and pepper to
taste

Toast almonds and sesame seeds in dry skillet until lightly toasted. Set aside and cool. Combine almonds, sesame seeds, cornflakes, sugar, red chili flakes, and salt in food processor until coarse and crunchy but well blended.

Whisk milk and eggs to make egg wash. Dredge trout in flour until dusted, then egg wash and then hot and crunchy mixture, pressing into fillet with hand. Remove and shake off excess and place on cookie sheet.

In large skillet, heat 6 tablespoon butter to 325°. Lay trout, skin side up, in hot pan and sauté approximately 3 minutes on each side or until golden brown. (If you remove the skins on the trout fillet, you need to bread both sides and sauté for about 3 minutes per side, turning only once.) Put in warm oven until all fillets are cooked.

Sauce: Combine all ingredients and whisk until well blended. Top fish when served.