

Sauteed Trout on Toast

YIELD

2 servings

INGREDIENTS

- fresh trout, fileted
- 2 slices of good bread for toasting (Sam's homemade sourdough, preferably)
- 1 tablespoons (heaping) coconut oil
- 3 tablespoons butter
- ½ tsp Chinese five spice seasoning
- juice of ½ a lemon
- parsley, chopped
- salt

RECIPE

1---Toast two (2) pieces of bread and set aside. Clean the trout filets under cold water and pat dry with a paper towel, place on a plate with the skin-side facing up. Season the skin with Chinese Five Spice seasoning and salt.

2---Place a non-stick sauté pan over medium high heat. As the pan is heating, add a heaping tablespoon of coconut oil and heat until fragrant. Gently lay the trout filets skin side down in the pan. Sprinkle a little salt on the flesh side of the fish, and cook for about 5-7 minutes until the skin is crispy (you should see the edges of the filets turn white).

3---Add the butter to the pan. Lower the heat to medium, and gently flip the filets so the skin side is facing up. Pour in the lemon juice. Gently agitate the pan to ensure the butter is evenly melted and distributed. Cook the filets in the butter, flesh side down, for about 5-7 minutes.

4---Place the trout atop the toast. Spoon some of the remaining butter from the pan on the fish and toast. Garnish with chopped parsley.

