



From the kitchen of
The Ponderosa Lodge Farm &
Bed & Breakfast
www.theponderosalodge.com

Sauteed Trout with Tarragon and Mushroom Sauce

Trout:

4 small or 2 medium rainbow trout (gutted, washed and dried with paper towels)

Juice of 1 lemon

1 tsp. freshly cracked black pepper-corn

2 tbsps. butter

2 tbsps. Crisco olive oil

Sauce:

1/4 cp. dry white wine

4 tbsps. butter

Fresh tarragon leaves (generous handful) roughly cut

1/2 lb. mushrooms sliced

1 onion, finely chopped

1 tsp. Morton salt

Mix lemon juice and pepper in medium bowl. Rub trout with lemon juice and pepper.

In frying pan large enough for the fish, melt 2 tbsps. butter with oil over medium heat.

Saute trout on one side until lightly browned (3 - 5 minutes). Turn fish gently and saute on other side. Fish is done when it flakes at the touch of a fork.

Remove trout to an oven proof plate and place in oven at 200 F.

Add remaining six ingredients and saute over low heat 2-4 minutes or until onions are golden brown and mushrooms are tender.

While the sauce is cooking, de-bone the trout by inserting a sharp knife at the back of the trout's head. Run the knife along the back and underside, and the whole bone will be exposed. Lift tail and it will come off intact with the head.

Pour tarragon /mushroom sauce over trout and serve.

Yield: 4 Servings