

# SEA TROUT RECIPES

## **Great Oriental Sea Trout**

- 2 LB Sea Trout fillets
- 1 Sm Bunch green onions sliced diagonally
- 2 T Fresh cilantro chopped
- 2 T Fresh ginger grated
- 3 T Olive oil
- 1 T Soy Sauce

Thaw fish if frozen. Preheat oven to 400° F. Lay sea trout fillets in a baking dish oiled with 1T olive oil. Sprinkle fillets with cilantro. Lay green onions around fillets and sprinkle all with ginger. Cover dish with foil and bake at 400° F approximately 15 minutes. Mix remaining oil and soy sauce in a small saucepan and heat. Drizzle over fillets and bake approximately 15 minutes or until fillets flake easily with a fork.

Serves six to eight

## **GREAT Baked Sea Trout Marinara**

- 2 LB Sea Trout fillets
- 1 16 oz Jar marinara sauce
- ¼ t Oregano
- 2 T Parsley
- 1 C Shredded mozzarella cheese
- 1/3 C Grated Parmesan cheese
- Pepper
- Choice of pasta

Thaw fish if frozen. Preheat oven to 350° F. Arrange Sea Trout fillets in a lightly greased pan. Sprinkle with oregano, pepper then pour marinara sauce over fillets. Sprinkle with parsley. Bake at 350° F for 20 minutes or until fish flakes easily. Top with Mozzarella then Parmesan and bake 5 to 10 more minutes. Serve with your favorite pasta.

Serves eight.

## **GREAT Cajun Blackened Sea Trout**

- 2 LB Sea Trout fillets
- 1/2 C Cajun seasoning mix (any brand)
- 1 Cast iron skillet

Thaw fish if frozen. Rinse fillets with water and shake off excess. Pat spice mix onto both sides of damp fillets. Heat cast iron skillet until smoking. Fry fillets on each side for 10 to 15 minutes until spice is very dark but not black.

Serves six to eight

## **GREAT Beer Battered Sea Trout**

2 LB Sea Trout Fillets

\*2 ½ C Flour

-1 t Baking powder

\*2 T Oil

\*1 ½ C Beer

\*1/2 C Milk

1 Egg white beaten stiff

Oil for frying

Thaw fish if frozen. Mix five\* ingredients and let batter stand for 30 minutes.

Fold in egg whites. Dip fish in batter and deep fry at 365° F 5 to 10 minutes.

Serves six to eight

## **GREAT Parmesan Cheese Sauce**

1/3 C Grated Parmesan cheese

3 T Butter or margarine

1 T Mayonnaise

¼ C Green onions sliced thin

¼ t Basil

½ t Lemon, salt and pepper

Simmer butter, lemon, salt, pepper, basil and onions 5 minutes. Stir in cheese and mayonnaise and heat till warm.

Serve over your favorite fish.