



RAINBOW TROUT Serves 4

3 lb. rainbow trout, or other local fresh variety

1 cup heavy cream

2 egg yolks

1 cup bread crumbs

1 cup corn meal

1 tsp. garlic powder

1 tsp. summer savory

1 tsp. ground basil

1 tsp. ground marjoram

2 Tbs. butter

sea salt

lemon pepper

Clean and pat whole trout dry. Mix cream and egg yolks together and soak fish in mixture for 5 minutes, drain slightly and roll in bread crumb-corn meal-herb mixture. Carefully put breaded fish back in cream and repeat soaking. Remove and gently roll fish in dry ingredients again, pressing mixture into fish. Place butter inside cavity in 2-3 pieces. Sprinkle with summer savory, and a pinch of garlic powder

Put on very hot grill which has been oiled or sprayed with nonstick spray. Salt and pepper liberally.

Cook for 3-4 minutes or until fish flakes easily, then using two spatulas (NOT tongs) gently turn fish over and grill for same time on second side.

(If using a smoker put in hottest part of smoker and cook for 5-6 minutes per side, or until fish flakes easily)

Cut down back of fish with very sharp knife and gently separate halves, pulling backbone and rib bones away from bottom layer. Divide each half. Serve with fresh lemon quarters and melted butter.

