

Fishin' from the Kitchen

Crispy Fried Trout with Mango Slices

by *Wayne Phillips*

For a different dining treat, enjoy trout with crispy skin and the exotic flavor of fresh mango.

Ingredients for four servings:

- ✓ 4 pan-sized trout, preferably rainbows
- ✓ 1 large, ripe mango
- ✓ 1 lemon, thinly sliced
- ✓ 16 fresh sage leaves
- ✓ Salt and freshly ground black pepper
- ✓ 2 Tbsp. canola oil
- ✓ 2 Tbsp. butter



photo-
Wayne Phillips

Procedure, serving

— Rinse cleaned trout under cool running water. Carefully dry the outside of the trout as well as the inside. Season trout with salt and pepper. Stuff each fish with four fresh sage leaves and three lemon slices. Peel and thinly slice the mango. Heat a cast iron skillet over high heat for a few minutes until hot. Add canola oil. Add butter and then carefully place trout in skillet. Turn heat down to medium. Turn trout over once skin is crisped on the first side. Place four or five mango slices on top of trout while other side cooks.

— Serve with a browned potato pancake garnished with green onion and corn on the cob.

Hints

It is essential you begin with a dry fish if you want crisp skin. If the fish is moist, then it steams instead of fries. Another option to achieve crisp skin is to dust the fish with flour. If you prefer this method, make certain there is only a light dusting of flour or the fish skin becomes pasty.

Browning or crisping fish skin is a snap if you use a combination of oil and butter. Using only butter you run the risk of burning the butter and spoiling the finished dish. Adding the butter to hot oil imparts the wonderful flavor of butter without burning the butter.