

Fishin' from the Kitchen

Pan-Fried Lake Trout Dusted in Mushroom Flour

by Wayne Phillips

The rich taste of lake trout combined with the woody flavor of mushrooms is a heavenly match.

Ingredients for four servings:

- ✓ 4 pieces of boneless, skinless lake trout fillets
- ✓ 1/2-cup dried mushrooms
- ✓ Canola oil for frying
- ✓ Salt and pepper



*photo-
Wayne Phillips*

Procedure

Coarsely chop the dried mushrooms. Place mushrooms in a spice grinder or food processor and process until mushrooms become a fine powder, or “flour.” Pat lake trout pieces dry. Season with salt and pepper. Then coat thoroughly with the mushroom flour. Fry in canola oil over medium heat until fish is opaque. Be careful turning the fillets so that you don’t lose the mushroom flour coating. Drying the fish fillets helps the mushroom flour adhere. When coating the fish, firmly pat the mushroom flour onto the fillet’s surface.

Serve

Serve over short pasta lightly dressed with a tomato mushroom sauce. Do not over-dress the pasta or it will overpower the trout’s delicate flavors.

Hints

Use your favorite dried mushrooms for coating fish. Porcinis, morels and chanterelles all make excellent mushroom flours. You can also use dehydrated wild mushrooms you picked yourself. Try coating any favorite fish with mushroom flour for a whole new taste sensation.