



Vallée de Kaysersberg
L'Alsace essentielle®

TROUT WITH ALMONDS (FORREL)

The authentic Alsatian recipe

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Number of people: 4

Preparation time: 10 min

Cooking time: 10 min

INGREDIENTS

- 4 trout
- 50 g butter
- 2 tbsp. oil
- 4 tbsp. flour
- 70 g slivered almonds
- 1 lemon
- Parsley
- salt & pepper

THE STEPS

- Season the cleaned and gutted trout with salt and pepper, then roll them in the flour.
- Heat the oil in a non-stick frying pan and add 20g of butter.
- When it foams, place the floured trout in the pan.
- Leave to brown for 8-10 mins on each side over a medium heat.
- Meanwhile, dry-fry the almonds, squeeze the lemon and finely chop the parsley.
- Place the trout on a plate without the pan juices.
- Melt the rest of the butter in the pan, wiping it dry with kitchen paper, add the lemon juice, parsley and toasted almonds, and season with salt and pepper.
- Pour the sauce over the trout and serve immediately.

OUR SUGGESTION

A Riesling will bring its delicate freshness and lemony notes to enhance your dish.