

# Lemon Fish with Almonds

This recipe is a spinoff of the famous Trout Almandine. Since it's marinated, any fish will do, but a light, white fish like trout would be the best.

## Ingredients:

6 large fish fillets or steaks  
1/3 cup lemon juice  
3 tbsp Dijon mustard  
1 tsp minced garlic (or two fresh, crushed garlic cloves)  
1/4 tsp ground pepper  
1/3 cup olive oil  
1 package of sliced almonds  
2 tbsp butter or margarine (I use Country Crock)  
1 cup of chicken broth  
1 tsp cornstarch, dissolved in 1 tbsp water  
2 tbsp chopped fresh parsley  
1/4 tsp cayenne pepper  
Lemon slices

## Directions:

1. Make the marinade an hour in advance  
Wisk the lemon juice, mustard, garlic, and pepper in a small bowl. Once it's mixed, wisk in the olive oil. Mix it well so it's not clumpy. Place the fish fillets in a shallow baking dish or a ziploc bag and cover with the marinade. Let it sit at room temperature for 1 hour.
2. Preheat the oven to 350.
3. Spread the almonds out on a cookie sheet and toast them in the oven until they are lightly browned (about 10 minutes). When they're browned, set them aside in a bowl. You can turn the oven off.
4. Make the sauce  
Drain all of the marinade from the baking dish (or ziploc bag) into a sauce pan. Add the chicken broth and bring to a boil, stirring often until the sauce is reduced by 1/2. Stir in the cornstarch and continue to stir until the sauce is thickened and smooth. Stir in the parsley and cayenne pepper and reduce the heat to as low as you can get it.
5. Fry the fish  
Heat a large skillet to medium heat.

Melt the butter in the skillet and fry the fish until the fillets are cooked through (turn once about halfway through) - about 10 minutes total, depending on how thick the fillets (or steaks) are.

6. Transfer the fried fish fillets to a serving dish and pour the sauce over the fillets, covering the fish completely. Sprinkle the toasted almonds over the fish. Garnish with lemon slices & serve.

This recipe goes well over a bed of brown rice, and accompanied by a light white wine of your choice. I recommend either a light Chardonnay or a Pinot Grigio.