

Nancy's Favorite Seatrout

Easy, fast, delicious... This is actually a version of a French classic recipe.

Ingredients

- ½ cup all-purpose flour
- 1 tsp. salt
- Pepper to taste
- 4 Seatrout fillets
- 2/3 cup butter
- 1 tbsp. chopped fresh parsley
- ½ lemon
- Lemon wedges to garnish

1. Pat fillets dry with paper towel. Salt and pepper to taste



2. Drop fillet into flour, one at a time, and shake well to remove excess.



3. Heat 2 Tbsp of butter in large frying pan. You want it hot but not so hot that the butter burns. Sauté fillets about 3 minutes per side. Fillets should be golden brown.



4. While your sautéing the fillets. Take 2/3 cup of butter in small sauce pan and heat until it turns golden brown and begins to smell nutty. Remove immediately from the heat and immerse the base of the pan in cold water to arrest cooking. You can go from browned butter to burnt butter very quickly.



5. Put the fillets on serving platter, drizzle with lemon juice, and sprinkle with the parsley. Pour over the browned butter and serve immediately, garnished with lemon wedges.

