

## Brook Trout with Pecans, Lemon, and Parsley Brown Butter (from Tribeca Grill)

- 2 lemons, zested and juiced
- 1 ½ cups plus 2 tablespoons finely chopped pecans (Use a food processor if you have one.)
- 1 ½ cups Italian-seasoned bread crumbs (if you only have plain, don't panic! Just add a little dried basil and oregano!)
- ¾ cup chopped fresh flat-leaf parsley leaves
- Six 10-ounce brook trout, cleaned and boned with head and tail removed
- Coarse salt and freshly ground pepper to taste
- ½ cup peanut oil (Peanut Oil is called for because of its high burn level. However, I used olive oil and turned my pan down just a bit.)
- 1 cup (2 sticks unsalted butter

Combine the pecans with the bread crumbs and ¼ cup of the parsley on a large plate. Season the flesh AND skin sides of the trout with salt and pepper to taste, then working with one fillet at a time, press the flesh side into the pecan mixture to make a thin coating.

Preheat the oven to 375°. Lightly grease a cookie sheet and set aside.

Heat 3 tablespoons of oil in a large sauté pan over high heat. When it gets hot, add the trout fillets and sear to set the crust. Turn and sear the other side. Work in batches if necessary to sear all the fillets, then place the baking sheet in the preheated oven and bake the trout for about 7 minutes or until cooked through.

While the trout is baking, melt the butter in a nonstick sauté pan over medium-high heat. Watch it carefully and lower the heat if necessary. Allow the butter to foam and turn golden brown. Immediately add the lemon juice and salt and pepper to taste. While the butter is still foaming, add the remaining pecans and parsley. Do not allow the butter to burn!

Pour the Parsley Brown Butter over the trout, or do what I did and serve it along side so each person can serve themselves.