

Trout Meunière á la Tammy

- 3 whole trout, filleted (I always have the fishmonger do this for me)
- Salt and pepper
- Flour for dredging
- About 2 Tablespoons of olive oil for the pan
- About 2 Tablespoons of butter for the pan

(How much oil and butter used for the pan depends on the size of the pan.)

Sauce:

- ½ cup unsalted butter
- 4 Tablespoons chopped parsley
- ¼ cup lemon juice
- Lemon wedges for serving

Salt and pepper the fillets, then dredge them with flour on both sides. Shake off any excess flour. Heat oil in a large skillet over medium-high heat, then add the butter. After the foam dissipates, add the fish, flesh side first, and cook until it is golden, 2-3 minutes. Carefully turn it over using a large spatula and cook until it is opaque in the center, 3-4 minutes more.

Remove fish to a warmed platter.

Pour drippings (if there are any) out of the pan, and wipe it with a paper towel. Still using medium-high heat, add butter and cook till it is golden brown, 1-2 minutes. Remove from heat and add the lemon juice and parsley carefully.

Spoon the sauce over the fish and serve with lemon wedges.

