



Pan-Fried Rainbow Trout

Forelle nach Müllerin Art

SERVES 2 TO 4

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With very little coastline, Germany is a land with a long tradition of freshwater fish. This recipe uses whole rainbow trout, cleaned, either with or without the head. Having the fish deboned by the fishmonger is a nice convenience if it's an option; otherwise, the spine (along with all the small bones) can be lifted out in one piece after the fish is cooked. When prepared this way, the fish skin—which has been dipped in flour, egg, and bread crumbs—fries up golden and crispy and is eminently edible. Depending on the size of the fish and the appetites of the diners, serve either one whole fish or a half fish per person. The mustard-butter sauce combines a piquant bite with a rich creaminess, and is a nice foil for the mild-flavored fish. This fish may also be served simply with lemon wedges on the side.

MUSTARD BUTTER SAUCE

2 tablespoons Dijon mustard
4 tablespoons unsalted butter

FISH

2 whole, cleaned rainbow trout
2 tablespoons all-purpose flour
1 egg, beaten

¼ cup bread crumbs

3 tablespoons neutral-flavored oil or unsalted butter

Making the sauce

1. Put the mustard in a small bowl. Melt the butter in a small heavy-bottomed pot over low heat. Pour the melted butter into the mustard and stir vigorously until well mixed. Keep warm over very low heat until you are ready to serve the meal.

Making the fish

2. Rinse the fish in cool water and blot dry with paper towels.

3. Put the flour, egg, and bread crumbs each in a separate shallow bowl or a small plate. Line them up on the work counter.

4. Place a large frying pan over medium-high heat and heat the oil or melt the butter, or half of each, until sizzling.

5. Dredge the fish first in the flour, coating it thoroughly. Then dip it in the egg, coating it. Finally, dredge in the bread crumbs, coating it. Lay the fish in the sizzling frying pan. Repeat with the second fish. Decrease the heat to medium, and cook the fish for about 7 minutes, until the bottom is browned and crispy. Turn the fish over and cook for another 7 minutes, or until the second side is browned and crispy and the fish is cooked through. Open the fish flat, remove the backbone with all the bones attached, and move one half of the fish onto each dinner plate. Serve with the mustard butter sauce or lemon wedges.