

The End of the Rainbow...

Recipes To Cook A Trout



Compliments of Wilderness Springs Trout Farm

New London, Wisconsin

(920) 982-2386

Baked Trout

Whole trout rinsed well – pat dry

Sprinkle inside cavity with lemon pepper or use fresh lemon, salt & pepper.

Brush outside of fish with olive oil & sprinkle with seasoning salt, parsley, or any combination of herbs. (oregano, basil, cilantro, rosemary, etc)

Note: may use Italian dressing brushed over outside of trout as good substitute for oil & fresh herbs.

Line large cake pan or baking sheet with heavy aluminum foil.

Pour enough olive oil or vegetable oil in pan to slightly cover the bottom.

Pre-heat pan, with oil, in 400 degree oven for about 5 minutes.

Put trout in pan (oil should sizzle when you put fish in—you want the oil hot)

Optional – pour 1 cup white wine in pan around fish

Cover pan with aluminum foil

Bake @ 350 degrees (depending on size of trout) approx. 30 minutes

Uncover & serve with fresh lemon slices.



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Grandma Helen's Pan Fried Trout

6 1/2 – 3/4 pound Whole Trout, Well Chilled (or fish will curl up while cooking)
Wash & pat dry Trout

Coating: 4 cups Bisquick, 2 T. salt, 1 T. pepper, 2 tsp. Paprika
Put coating mixture into large plastic bag to shake the fish.

Put 1 fish in bag & shake to coat well. Repeat with each fish. Add more coating mixture if needed. Make sure inside & outside of trout are coated.

Pour enough oil in pan to cover 1/2 of the trout. Heat oil before putting trout in pan; fry at 375-400 degrees until brown – approx. 10 minutes (may be longer depending on size of trout). Turn over & cook other side. Crust should be nicely brown & meat should be white & peel easily off the bone.

Enjoy!

* Serve with Cole slaw, potato salad, rye bread/butter & dill pickles



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Grilled Trout Florentine

Spinach & Pine nut Stuffing

- 1/4 cup green onions, chopped
- 1/4 cup olive oil
- 1/4 cup dry sherry
- 2 cups spinach, chopped
- 1/4 cup pine nuts
- 1 1/4 cups bread crumbs
- 4 T. milk
- 2 tsp. lemon juice

Enough stuffing for 6 trout
depending on size of trout

Baste with:

- 1 cup white wine
- 1/4 tsp butter
- 1/4 tsp. pepper

Sauté green onions in olive oil until they start to soften. Add sherry & mix well. Add spinach & pine nuts. Cook approximately 2 minutes or until spinach wilts. Remove from heat & add bread crumbs, milk & lemon juice. Mix well.

Stuff each trout with 1/4 of spinach mixture. Tie with kitchen string to secure stuffing & set aside. Preheat grill. Combine wine, pepper & butter in a pan & bring to a boil. Cook until alcohol has evaporated.

Place trout on hot grill. Brush with wine mixture & grill until done, basting occasionally.

Trout are done when the meat flakes easily & is a constant opaque color.



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Grilled Trout

This recipe works best with a whole fish because you will want to place all the herbs inside of it. Wonderful to make when fresh herbs are available.

(2) 1 lb. trout

- 2 T. fresh parsley, minced
- 2 T. Olive oil
- 2 T. fresh basil, minced
- 1 T. fresh rosemary, minced
- 2 cloves garlic, minced
- 1/2 tsp. salt
- 1/2 tsp. black pepper

Mix together parsley, olive oil, basil, rosemary & garlic. Spread evenly on the inside of the trout.

Cover & refrigerated for 2 hours. Oil cooking grate & preheat grill. Sprinkle fish with salt & pepper. Grill for 4-5 minutes on each side over medium heat.

Carefully remove from grill with large spatula.



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Mushroom-Smothered Trout

(From Every Day with Rachael Ray / December-January 2007)

FOUR SERVINGS

Prep Time: 5 min

Cook Time: 45 min

4 T. butter

1/2 an onion, thinly sliced

1 8 oz. package sliced white mushrooms

1 tsp. dried sage

1 cup chicken broth

Salt and pepper

4 Trout fillets (to equal about 1 1/4 pounds of trout)

1. Preheat the oven to 375°. In a large ovenproof skillet or a roasting pan over two burners, heat 2 tablespoons butter over medium-low heat until melted and browned. Stir in the onion and cook, stirring occasionally, until caramelized, about 15 minutes. Transfer to a plate.
2. Add the remaining 2 tablespoons butter to the pan and cook until browned but not burned. Add the mushrooms and sage and cook until caramelized, about 10 minutes. Stir in the cooked onions and the chicken broth and bring to a boil over medium heat. Cook until most of the broth has evaporated, about 10 minutes; season with salt and pepper.
3. Push the mushroom mixture to the side and place the trout fillets skin side down in the pan. Spoon the mushroom mixture over the fish and bake until cooked through, 10 minutes.



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Pickled Trout

Whole trout may be used – fillets are easier to work with.

In a stone crock or glass jar mix $\frac{5}{8}$ cup pickling salt to each (1) quart of white vinegar – mix well.

Put trout fillets into salt/vinegar mixture & place in cool place (not over 40 degrees) or refrigerate for 6 days. Make sure fish are fully covered with vinegar mixture.

On 6th day, boil 2 cups white sugar, 1 T. pickling spice (to each quart of vinegar)
Cool

Drain fish & pat dry – cut into small chunks

Pack in jar layering fish, sliced white onions, etc until jar is filled

Pour cold spice mixture over fish until covered

Refrigerate for a week before eating!



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Smoked Trout & Egg Spread

- 1 large smoked trout – bone & flaked
- 3 hard boiled eggs – grated
- 2 T. mayonnaise
- 1/8 tsp horseradish

Combine all in a bowl, mix & chill for at least 2 hours.

Great with Triscuits



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