

2 cups fresh French green beans
2 teaspoons butter
½ cup sliced almonds
2 whole trout fillets
2 tablespoons olive oil
1 ½ teaspoons chopped fresh
flat-leaf parsley
(or ¾ teaspoon dried)
¾ teaspoon chopped fresh thyme
(or ½ teaspoon dried)
1 ½ teaspoons lemon juice
Salt and freshly ground black
pepper to taste

Makes 2 servings



Trout Almondine

TRIO, JACKSON

OWNERS/CHEFS WILL BRADOF, BEAU LITTLE, AND PAUL WIREMAN

I love trout, and this recipe makes the best of it! Simply double the ingredients to prepare additional servings.

Bring 4 cups of water with a pinch of salt to a boil and add the green beans. Bring the water back to a boil and cook for 2 to 3 minutes, until the green beans are crisp-tender. Drain the green beans and rinse with cold water to halt the cooking; set aside.

Melt the butter in a small saucepan and cook the almonds over medium heat until golden, stirring constantly, about 5 minutes. Remove from the heat and set aside.

Preheat the oven to 500 degrees. Rinse the trout fillets and pat them dry. Season the sides of the trout with salt and pepper.

Heat the olive oil in a large oven-safe sauté pan over high heat until smoking and place trout skin-side down in pan. Cook for 3 to 4 minutes; pour off the excess fat and add the green beans.

Transfer to the oven and bake the trout for 4 minutes; remove from the oven. Place one piece of trout skin-side down on a dinner plate, top with 1 cup of green beans, and place another piece of trout on top. Repeat for the second serving.

Using the same pan, heat the butter over high heat and add the browned almonds. As the butter begins to slightly brown and foam, add the parsley, thyme, and lemon juice. Season with salt and pepper and pour over the trout. Serve immediately.

This recipe used by permission of Will Bradof, Beau Little, and Paul Wireman of Trio, 45 S. Glenwood St, Jackson, WY 83001; (307) 734-8038; www.bistrotrio.com. The recipe appears on page 96 of A Taste of Wyoming: Favorite Recipes from the Cowboy State. For more information or to purchase, please visit our website, www.farcountrypress.com.

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