

Gruenke's Restaurant

Walnut-Crusted Trout Filets

4 servings

½ cup all purpose flour

3 tablespoons dried rubbed sage

1 tablespoon salt

1 ½ teaspoons ground black pepper

2 large eggs

2 cups finely chopped walnuts

2 tablespoons olive oil

1 lemon, quartered lengthwise

Chopped fresh parsley

Using fork, stir flour, sage, salt and pepper on large plate to blend.

Whisk eggs in medium bowl to blend.

Place walnuts on large plate. Sprinkle trout filets with salt and pepper.

Dredge trout in flour mixture, then dip in eggs to coat. Press both sides of trout in walnuts to coat.

Melt 1 tablespoon butter with 1 tablespoon oil in each of 2 heavy large skillets over medium heat. Add 2 trout fillets to each skillet. Cook until coating is lightly browned and trout are cooked through, about 5 minutes per side. Transfer trout to plates. Squeeze 1 lemon wedge over each fillet, sprinkle with parsley and serve.