

Trout Sauté Terry

Serves 1 | Active Time: 25 minutes | Total Time: 25 minutes

Swick

Cooking the trout

Melt the butter and oil in a large sauté pan over medium-high heat. Season the trout with salt and pepper, including in the cavity, and add the trout to the pan. Cook until golden brown, about 4 minutes. Turn, cover, and cook on the second side until golden brown and cooked through, another 4 minutes.

Transfer the trout to a platter and keep warm. You can fillet the trout at this point.

Step 1: Cooking the trout

- 1 tablespoon unsalted butter
- 1 tablespoon canola oil
- 2 trout, about 12 ounces each
- ½ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper

Step 2: Making the sauce

- 1 ½ cups diced cremini or white mushrooms
 - 1 large tomato, halved, seeded and cut into ½-inch dice
 - 24 oil-cured olives, pitted and cut into small dice
 - 1 small lemon, peeled and cut into ¼-inch dice
- To the drippings in the pan, add the mushrooms and cook for 1 minute. Add the tomatoes and cook for 1 minute longer. Add the olives and diced lemon and toss well. Spoon the sauce over the trout and sprinkle with the chives.

Step 3: Serving

Serve immediately.