

Trout with Almonds and Lime and Gin Marmalade

This recipe was sent in by Lady Jeanette Duggin. She produces speciality marmalades and preserves with alcohol. You can see her full range at www.myspecialities.com. For those cynics amongst you, I can state that I have not received a free sample!!!!

Trout is one of the most flavoursome of all fish, and cooked this way it is superb. Remove all bones before cooking for bone free delight. The recipe could make a light meal for four or a yummy hors d'oeuvre for a dinner party.

Ingredients

4 trout (your friendly fishmonger will de-bone the fish)
4 oz butter
2 oz olive oil
Flour
Salt, pepper
A pinch of Mustard
½ cup Lime and Gin Marmalade
2 oz flaked almonds
2 tablespoon chopped parsley
Extra wedges of lime for garnish

Method

Coat fish well with seasoned flour. Brush off any excess flour. Heat the olive oil and 2 oz of butter in a large frying pan. Add fish, cook quickly on both sides until golden brown; approximately 4 minutes on each side (cooking time depends on thickness of fish). If not cooked through remove from pan and place fish on serving plate and put in a hot oven for five minutes or until cooked.

Add the remaining butter cook until golden, add lightly browned flaked almonds, salt and pepper if needed and sauté gently for a few minutes, add marmalade, mix well and pour over the fish. Serve with chunks of sour dough or brown granary bread.

Enjoy!