

# Trout in Parmesan Breadcrumbs

David Alexander has sent us this interesting new recipe.

He states that when it comes to eating fish his wife is not a "fish" person, but even she raves over this simple recipe.

## Ingredients

Trout  
Seasoned Plain Flour  
Beaten Egg  
Parmesan Cheese  
Breadcrumbs  
Olive Oils



## Method

1. Clean and fillet the trout in the normal way and remove pin-bones; David uses a purpose made pair of deboning tweezers made by the Global knife people which he assures us are worth every penny.  
[www.globalknives.uk.com/Products/tools.htm](http://www.globalknives.uk.com/Products/tools.htm)
2. Cut the filleted and deboned fish into skinless goujons or smallish steaks.
3. Dip first in seasoned flour (plain) and then dip in beaten egg. Then coat liberally in a 50:50 mix of finely grated fresh Parmesan cheese and breadcrumbs.

Use the Japanese Panko\* breadcrumbs if you can. (oriental delis sell them).

*\*Panko is a variety of breadcrumb used in Japanese cuisine as a crunchy, flaky coating for fried foods. Panko is made from wheat bread, but has a crisper, airier texture than most types of breading found in Western cuisine.*

[www.japanesekitchen.co.uk/panko.html](http://www.japanesekitchen.co.uk/panko.html)

4. Fry in about 3mm of olive oil for a couple of minutes each side until they are a light golden colour. Remove them from the pan and quickly drain on kitchen paper.
5. Serve with creamy mashed potato with either pesto or shredded leeks mixed in.