

Sesame-Crusted Pan-Fried Trout

By Tom Dickson

Preparation time: 15 minutes | Cooking time: 20 minutes | Serves 4



INGREDIENTS

- 4 whole 11- to 13-inch trout, gutted
- 1 T. plus ½ c. vegetable oil, divided
- 1 T. minced fresh ginger
- 1 T. sliced garlic
- ½ c. chicken stock
- 2 t. dry sherry
- 2 t. soy sauce
- 1 T. sesame oil
- ¾ c. all-purpose flour
- 5 T. toasted sesame seeds
- 1 t. table salt
- 1 T. butter
- 1 T. Chinese hoisin sauce
- ¼ c. chopped scallions (green onions)
- 1 small tomato, chopped
- Julienned scallions, for garnish

DIRECTIONS

Preheat oven to 450 degrees. Heat 1 T. oil in a large saucepan over medium heat. Sauté the ginger and garlic for 1 minute, or until just golden. Add the chicken stock, sherry, soy sauce, and sesame oil. Cook until the liquid is reduced by half, about 5 minutes, and set aside.

Combine the flour, 3 T. sesame seeds, and salt in a bowl. In this mixture, dredge the trout, which should be wet so the mixture adheres. Heat the remaining ½ c. oil in a large sauce or frying pan over medium-high heat. Fry the trout until golden brown, about 3 minutes on each side. Cook in batches.

Place the trout on a cookie sheet lined with parchment paper and roast in the oven for 6 minutes, or until just cooked through.

Meanwhile, bring the chicken-stock mixture to a simmer and whisk in the butter, hoisin sauce, chopped scallions, and tomato. Cook until heated through, about 2 minutes.

Place a trout on each plate and spoon the sauce over each fish. Sprinkle with the remaining 2 T. sesame seeds. Garnish with scallions. ■

Most trout anglers don't keep fish anymore. That's been good for trout conservation because a released fish can be caught again. But it's a shame so many anglers—and their families—miss out on the joys of eating freshly caught trout, once a cherished Montana tradition.

Where legal, there's nothing wrong with occasionally keeping some trout for a meal. FWP biologists account for harvest in regulations designed to keep populations healthy. In fact, regulated harvest could actually benefit some populations by giving remaining fish more food and habitat to grow larger.

A delicious way to turn a few trout into a scrumptious meal is this simple recipe. It's a slight variation on one published in *Field & Stream* from a Maine chef, who created it for brook trout. The yummy sauce derives from a unique mix of ingredients, most of them found in the Asian aisle of Montana's larger supermarkets. Readers may balk at buying sesame oil, hoisin sauce, and sherry* for a single meal. I urge you to make the investment. Believe me, you'll make this dish more than once.

Fillets of perch, walleye, freshwater drum, and larger trout work well, too. Keep the skin on if you can, but it's no big deal if you don't. Store-bought cod, tilapia, or pollack also make good substitutes. 🐟

—Tom Dickson is editor of Montana Outdoors.

For an archive of Eating the Outdoors recipes, visit the Montana Outdoors website at fwp.mt.gov/mtoutdoors, and click on "Recipes."

*Many fish and game recipes call for a splash or two of dry sherry, and for good reason. This "fortified" wine—meaning that brandy is added after fermentation to boost the alcohol level and thus longevity—adds flavor and depth to many dishes. Sherry is inexpensive, starting as low as \$6 per bottle. Avoid "cooking sherry" found in grocery stores, which has salt added as a preservative and makes a poor substitute.

