**INGREDIENTS**

- 2 c. all-purpose flour
- 2 trout fillets, or 1 whole or 2 whole smaller trout (gutted)
- Vegetable oil
- 2 T. plus 6 T. butter
- Black pepper and kosher salt
- 3 sprigs fresh thyme, leaves stripped and chopped, or ½ t. dried thyme
- 2 T. fresh lemon juice
- ¼ c. finely chopped flat-leaf (Italian) parsley
- ½ c. sliced almonds, lightly toasted

**DIRECTIONS**

**Preheat oven to 200 degrees F.**

Place flour in a pie dish. Rinse fish and pat dry with paper towels. Generously coat a large sauté pan with vegetable oil and bring to a high heat. Once the oil is shimmering, add 2 T. butter. Quickly season the fillets or whole trout with salt and paper. Dredge in flour, shake off excess, and immediately place fish in the pan with the hot, shimmering oil and butter. If you’re cooking whole trout, repeatedly spoon the heated oil-butter mixture into the cavity to speed interior cooking.

After three minutes for fillets (five to seven minutes for whole trout depending on size), flip and cook for the same amount of time. Transfer the fish to a baking rack set in the oven.

**Brown butter**

Pour drippings from pan and wipe clean with a paper towel. Turn heat to medium-high and add the remaining 6 T. butter along with the thyme. Stir frequently with a rubber spatula to prevent scorching. Once the butter starts to foam, watch it carefully. The butter is browning when the browned milk solids start to appear as dark golden flecks in the melted butter, which gives off a nutty, toasty aroma. Pour hot butter into a heat-proof container (like a Pyrex measuring cup) so it stops cooking. Add the lemon juice and whisk to combine. Season with salt and whisk in the chopped parsley. Remove fish from the oven, spoon sauce over fish, and sprinkle with toasted almonds.