

Trout w Rosemary n Lemon

Main Course

Ingredients	Cooking Method
2 (8-10 oz. ea.) Trout 4 tsp Butter 1 tbsp Shallot or Onion 1 Lemon 1 tsp Lemon zest 1 tbsp Rosemary (fresh) 2 tsp Olive Oil 2 Tomatoes 1 tbsp Parsley (fresh) ¼ tsp Salt n Pepper (twice)	Grill Stove

1. In a small bowl stir together, butter, ½ the shallot, lemon zest and salt n pepper.
2. Spread each fish skin down, Apply salt n pepper, rest of shallots, rosemary, lemon juice and olive oil.

Cook

3. Cook fish in pan, broiler or grill skin side down for 6-8 min. Cut tomatoes in ½ and cook along side fish, cut side up with a little butter mixture on cut side.
4. Melt rest of butter and pour top of fish and tomatoes.

Variations: try Lake Perch or Flounder

Serve with scallop potatoes.