

Pan-fried Trout with Spinach Sauce:

Ingredients four people:

4 Trout

200 gr. breadcrumbs

200gr. chopped spinach fresh or frozen

0.4 Ltr. Whipping cream

0.3 Ltr. White wine

1 teaspoon dill

1 spoon of garlic pulp

pepper and salt

3 spoons olive oil

1 onion

1 spoon of whole grain mustard

Clean inside trout of bones and other things that do not belong there, feed èm to the cat! (he or she will love it!) Salt èn pepa them, dip the cleaned trout into the breadcrumbs on both sides. In the mean time you've put on the skillet with the olive oil, ready to go! Put the trout fillets into the skillet and bake èm golden-brown on both sides. Then put them on a warm plate and, yes we are going to make the sauce. Leave all the juices in the skillet and heat it up again, then put the onions into the skillet until they are brown (lightbrown!!!) Add the garlic, spinach, white wine, dill and mustard. Simmer for 5 minutes (reducing is how we call it in the kitchen!) When reduced add the cream and simmer for another 5, yes patience is a virtue! Taste the sauce and if it is to your liking, your'e ready to go! If not add some more salt èm pepe. Take the trout fillets, put them into the sauce and simmer for 3 min, yes again!!

Serve the entrée with jasmine- rice and blanched carrots.

Enjoy your meal.

Chris Duijts