

## Rainbow Trout w. Apples & Toasted Hazelnuts

10 servings



### Ingredients:

10 rainbow trout filets

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½ cup whole hazelnuts

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1 stick butter, divided

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2 large Red Delicious apples, cored and cut into thin wedges

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6 tbsp all-purpose flour

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2 tbsp lemon juice

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3 tbsp snipped fresh chives

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Lemon slices and fresh chives

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Salt, freshly ground pepper

### Preparation:

Preheat oven to 350°F.

To toast hazelnuts, spread in single layer on baking sheet. Bake 8 to 10 minutes or until skins split.

Wrap hazelnuts in kitchen towel; set aside 5 minutes to cool slightly. Rub nuts in towel to remove as much of the papery skins as possible. Chop them coarsely.

Melt 4 tbsp butter in medium skillet over medium-high heat. Add apple; cook 4 to 5 minutes or until crisp-tender. Remove from skillet with slotted spoon; set aside.

Rinse trout and pat dry with paper towels. Sprinkle fish with salt and pepper, then coat in flour. Place fish in skillet. Cook 4 minutes or until golden and fish flakes

easily when tested with fork, turning halfway through cooking time. Return apple to skillet. Reduce heat to low and keep warm.

Melt remaining butter in small saucepan over low heat. Stir in lemon juice, chives and hazelnuts. To serve, sprinkle fish and apple with hazelnut mixture. Garnish with lemon slices and chives.

## **Wild Rice w. Peppers & Shallots**

### **Ingredients:**

3 cups wild rice

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½ green bell pepper, finely diced

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½ red bell pepper, finely diced

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3 shallots, finely diced

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Fresh thyme

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Olive oil

### **Preparation:**

In a medium saucepan start the rice in 6 cups salted water and bring to a boil.

Simmer for about 35 minutes until the rice splits, check frequently.

In the meantime, finely dice the peppers and shallots (brunoise) and cook them in hot olive oil for a few minutes. Just slightly crunchy.

Add the fresh thyme and set aside.

When the rice is finished, drain any leftover liquid and mix the peppers under. Serve immediately along side the fish.