



## Trout Meunière, Old Style

READY IN



45 min.

SERVINGS



6

CALORIES



648 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 10 tablespoons butter
- ☐ 1 tablespoons creole seasoning salt-free
- ☐ 1.5 cups flour
- ☐ 2 tablespoons juice of lemon
- ☐ 6 servings lemon wedges
- ☐ 6 servings vegetable oil; peanut oil preferred for frying
- ☐ 1 teaspoon red wine vinegar
- ☐ 0.3 teaspoon salt
- ☐ 48 ounce speckled trout fillets

☐ 1 tablespoon worcestershire sauce

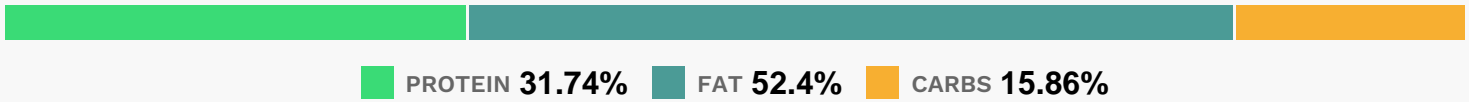
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine the flour, Creole seasoning, and salt in a wide bowl. Rinse the trout fillets and pat dry. Dredge the fish in the seasoned flour and knock off the excess.
- ☐ Make a medium-brown roux by melting the butter in a saucepan over medium heat. When it begins to bubble, add the remaining seasoned flour and cook, stirring constantly, until the mixture turns a medium brown.
- ☐ Put the stock into another saucepan and place over medium-high heat.
- ☐ Whisk the roux into the stock until dissolved.
- ☐ Add the lemon juice, Worcestershire sauce, and vinegar, and simmer for 3 minutes, then remove the pan from the heat. Keep the sauce warm while you prepare the fish.
- ☐ You can sauté the fish in butter if you like, but it's more common in New Orleans to fry it in abut an inch of oil heated to 375 degrees. Either way, cook until golden brown (about 2 minutes per side).
- ☐ Spoon the sauce over the fish and serve with lemon wedges.
- ☐ From Tom Fitzmorris's New Orleans Food by Tom Fitzmorris, ©2006 Stewart, Tabori and Chang

Nutrition Facts



Properties

Glycemic Index:30.42, Glycemic Load:17.35, Inflammation Score:-7, Nutrition Score:35.399999825851%

Flavonoids

Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 1mg, Hesperetin: 1mg, Hesperetin: 1mg, Hesperetin: 1mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 647.84kcal (32.39%), Fat: 37.18g (57.2%), Saturated Fat: 15.15g (94.69%), Carbohydrates: 25.32g (8.44%), Net Carbohydrates: 24.2g (8.8%), Sugar: 0.62g (0.69%), Cholesterol: 181.71mg (60.57%), Sodium: 402.71mg (17.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.66g (101.32%), Vitamin B12: 17.71µg (295.12%), Manganese: 2.16mg (108.07%), Vitamin B1: 1.05mg (69.77%), Vitamin B3: 12.16mg (60.79%), Phosphorus: 599.77mg (59.98%), Vitamin D: 8.85µg (58.97%), Selenium: 39.5µg (56.43%), Vitamin B2: 0.92mg (54.3%), Vitamin B5: 4.57mg (45.71%), Iron: 5.09mg (28.26%), Potassium: 904.1mg (25.83%), Vitamin B6: 0.49mg (24.58%), Copper: 0.48mg (24.07%), Folate: 89.59µg (22.4%), Vitamin A: 1061.88IU (21.24%), Magnesium: 59.29mg (14.82%), Zinc: 1.77mg (11.78%), Vitamin E: 1.71mg (11.42%), Calcium: 112.74mg (11.27%), Vitamin C: 4.61mg (5.59%), Fiber: 1.11g (4.45%), Vitamin K: 2.67µg (2.54%)