

Pan Fried Citrus Trout

The clean taste of oranges and lemons and the aromatic scent of basil combine beautifully in this recipe to create a light and tangy sauce for trout fillets.

SERVES 4

- 4 trout fillets, each about 200g/7oz
- 2 lemons
- 3 oranges
- 105ml/7 tbsp olive oil
- 45ml/3 tbsp plain (all-purpose) flour
- 25g/1oz/2 tbsp butter
- 5ml/1 tsp soft light brown sugar
- 15g/1/2 oz/1/2 cup fresh basil leaves
- Salt and ground black pepper



1. Arrange the trout fillets in the base of a non-metallic shallow dish. Grate the rind from one lemon and two of the oranges, then squeeze these fruits and pour the combined juices into a jug (pitcher). Slice the remaining fruits and reserve to use as a garnish.
2. Add 75ml/5 tbsp of the oil to the citrus juices. Beat with a fork and pour over the fish. Cover and leave to marinate in the refrigerator for at least 2 hours.
3. Preheat the oven to 150°C/300°F/Gas 2. Using a fish slice or metal spatula, carefully remove the trout from the marinade. Season the fish and coat each in flour.
4. Heat the remaining oil in a frying pan and add the fish. Fry for 2–3 minutes on each side until cooked, then transfer to a plate and keep hot in the oven.
5. Add the butter and the marinade to the pan and heat gently, stirring until the butter has melted. Season with salt and pepper, then stir in the sugar. Continue cooking gently for 4–5 minutes until the sauce has thickened slightly.
6. Finely shred half the basil leaves and add them to the pan. Pour the sauce over the fish and garnish with the remaining basil and the orange and lemon slices.

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