

Trout Amandine I

Mrs. Melvin A. Shortess

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

Servings: 8

8 to 12 trout fillets (1/3 pound per person)

milk (to cover)

2 teaspoons salt

4 drops Tabasco sauce

1 1/2 cups flour

1 teaspoon pepper

1/2 cup butter

2 tablespoons olive oil

SAUCE

1 cup butter

1/2 cup sliced almonds

2 tablespoons lemon juice

2 teaspoons Worcestershire sauce

1 teaspoon salt

1/4 cup parsley, chopped

Soak the fillets in a mixture of milk, one teaspoon of salt and Tabasco sauce for several hours.

Season the flour with one tablespoon of the salt and the pepper. Remove the fillets from the milk as needed and dip in the flour, shaking off any excess.

In an electric skillet at 375 degrees, fry the fillets in the butter and olive oil until golden brown. Fry a few at a time and as cooked, place on a warm platter or cookie sheet and keep in a warm oven ready to serve. (The fillets may be kept in a warm oven up to three hours.)

Make the sauce: In a skillet, melt the butter and then lightly brown the almonds. Add the lemon juice, Worcestershire, salt and parsley. Mix and heat well.

Just before serving, pour some sauce over the trout and serve the remaining sauce separately. If the sauce is made ahead of time, add the almonds at the last minute so that they will remain crunchy.

Per Serving (excluding unknown items): 476 Calories; 43g Fat (79.3% calories from fat); 5g Protein; 20g Carbohydrate; 1g Dietary Fiber; 93mg Cholesterol; 1166mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 8 1/2 Fat; 0 Other Carbohydrates.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	476
% Calories from Fat:	79.3%
% Calories from Carbohydrates:	16.8%
% Calories from Protein:	3.9%
Total Fat (g):	43g
Saturated Fat (g):	22g
Monounsaturated Fat (g):	16g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	93mg
Carbohydrate (g):	20g
Dietary Fiber (g):	1g
Protein (g):	5g
Sodium (mg):	1166mg
Potassium (mg):	133mg
Calcium (mg):	47mg
Iron (mg):	2mg
Zinc (mg):	trace
Vitamin C (mg):	7mg
Vitamin A (i.u.):	1401IU
Vitamin A (r.e.):	332RE

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	14mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Deficient:	0.0%

Food Exchanges

Grain (Starch):	1 1/2
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	8 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 476 Calories from Fat: 378

% Daily Values*

Total Fat	43g	66%
Saturated Fat	22g	112%
Cholesterol	93mg	31%
Sodium	1166mg	49%
Total Carbohydrates	20g	7%
Dietary Fiber	1g	6%
Protein	5g	
Vitamin A		28%
Vitamin C		11%
Calcium		5%
Iron		10%

* Percent Daily Values are based on a 2000 calorie diet.