

# Pecan Crusted Trout

*Recipe courtesy of Alton Brown*

## INGREDIENTS

- 2 oz. finely chopped pecans
- 1 oz. panko breadcrumbs
- 1 teaspoon chopped fresh parsley
- 1 teaspoon chopped fresh dill
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 3 tablespoons unsalted butter - cold and cut into small pieces
- 4 4-6 oz. US farmed Rainbow trout fillets - boneless, skin-on

## DIRECTIONS

1. Heat the oven to 400 degrees F.
2. Place the pecans, panko, parsley, dill, salt and pepper into a small mixing bowl and stir to combine.
3. Cut the butter into the mixture, using your fingers or the tines of a fork, until well incorporated.
4. Place the fillets on a parchment lined half sheet pan.
5. Sprinkle the pecan mixture evenly onto the fillets, and press down to cover.
6. Bake in the oven for 10 to 12 minutes or until the fish is opaque in color and firm and flaky. The pecan crust should be lightly browned.
7. Remove from the oven and use a large spatula to transfer the fish to a large serving plate to rest for 3 minutes before serving.



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**Yield:** 4 servings  
**Prep Time:** 15 minutes  
**Cook Time:** 10 minutes  
**Inactive Prep Time:** 3 minutes