



CHRISTOPHER CREEK

Spice Company

Mid-Week Meals

Cabin Pan-Fried Trout

Makes 4 Servings



- 4 whole cleaned Rainbow Trout
- 4 slices Bacon
- 1 cup Cornmeal
- 1 Egg
- 1/2 cup diced Red Onion



On the stove top in a large cast iron skillet over medium heat cook the bacon until brown and crispy. Remove the bacon from the skillet, crumble and set aside.

Reserve the bacon grease to cook the fish for that authentic cabin taste. Feel free to use 4 tablespoons of your favorite oil instead of the bacon grease.

In a small bowl beat the egg with one tablespoon of water.

Remove the cleaned trout from the refrigerator and pat dry the trout with a paper towel inside and out. Liberally season the trout with Fish Rub inside and out. Dip the trout in the egg wash and coat both sides of the trout with cornmeal.

Increase the heat on the stove top and carefully add the trout to the skillet over medium-high heat. Cook the trout for 4 minutes on its side then turn. Add the diced onion and crumbled bacon to the skillet and continue cooking another 4 minutes or until the trout is done.

Immediately serve the trout with your favorite sides and you will surely be hooked...Enjoy!

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