

Pan-Grilled Ruby Red Trout

INGREDIENTS:

1 Ruby Red Trout Fillet, about 1 pound, skin on (need not be scaled)
 $\frac{1}{4}$ Cup Course Salt (or salt free substitute)
Salt & freshly ground Pepper to taste
2 Teaspoons Clarified Butter, melted

DIRECTIONS:

Heat a 12-inch nonstick skillet over high heat for 5 minutes; the pan should be really hot. Sprinkle it with the course salt. Place the fillet in the pan and cook, undisturbed, over high heat for 6 - 8 minutes. The skin will burn, but the flesh will cook almost through nicely. The top may appear underdone, but by the time you get it to the table it will be ready; if, however, this makes you uncomfortable, flip the fillet and cook the other side for 30 seconds, no more. Sprinkle with salt and pepper, drizzle it with melted clarified butter, and serve.

Servings: 2 or 3

Time: 15 Minutes