

Bay d'Espoir Steelhead Trout with Pecans and Cayenne Pepper

By: Chef Steve Watson

Ingredients:

4 (5 oz.) Steelhead Trout fillets
1/2 tsp. Salt
1/4 cup Flour
4 tbsp. Butter, divided
1/3 cup Chopped pecans
1/8 tsp. Cayenne pepper
2 tbsp. Finely chopped red bell pepper
1 tbsp Lemon juice
1 1/2 tsp. Honey



Directions:

Heat the oven to 200°F. Sprinkle fillets with salt, and dip in flour. Shake off excess. In a large skillet over medium-high heat, melt 2 tablespoons butter. Cook fish in the butter 5-7 minutes, turning once and reducing heat to medium. Place on baking sheet in oven to keep warm.

Melt remaining butter in skillet over medium-high heat. Cook pecans and cayenne pepper 2-3 minutes, stirring occasionally. Stir in bell pepper, juice and honey. Boil until sauce is slightly thickened. Serve over fish and enjoy!