

PLAIN & Fancy COOKING

Pan Fried Pecan Trout on Ancini Pasta with Spicy Corn Relish

From Mark Walpole, CCC

Ingredients:

4 oz. crushed pecans
1 (8 oz.) trout fillet
canola oil
1 1/2 oz. ancini pasta
2 T. each carrot, zucchini and onion,
all diced

Relish:

1 cup corn, cooked, cut off cob
(approx. 3 ears corn)
several T. onion, diced
1 sm. tomato, peeled, seeded, diced

2-3 sprigs cilantro, chopped
pinch of ground-up chilpotti pepper
(or substitute cayenne pepper)
1 oz. rice wine vinegar

To Prepare: Blanch pasta, cool, set aside. Mix all relish ingredients together, set aside. Place canola oil and trout in frying pan. Arrange pecans on flesh side of trout. Pan fry slowly until done.

(over)

In separate pan, saute' carrot, zucchini and onion. Add pasta to veggies. To serve, put pasta on plate, then top with fillet. Spread relish over fish. Serve with seasonal veggies.

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