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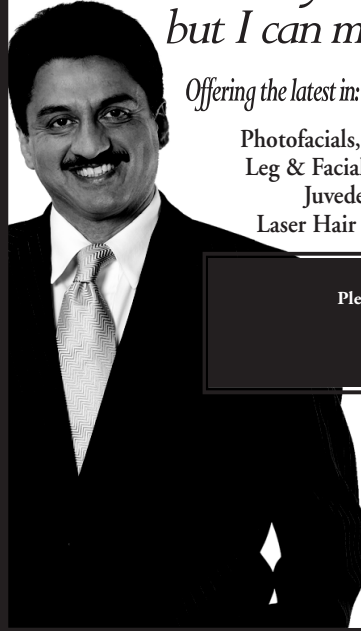
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Rainbow Trout with White Wine and Almonds

- Serves 4
Ingredients
- 2 tbsp canola oil
 - 1 and 1/2 sides rainbow trout
 - salt and pepper
 - 1 tbsp unsalted butter
 - 3 shallots, minced
 - 1/4 cup white wine
 - 1/2 cup sliced almonds
 - 1 lemon, juiced
 - chopped fresh chives for garnish

- Method**
1. Melt butter in a non-stick fry pan.
 2. Season fish with salt and pepper. Fry fish over medium heat for approximately 3-4 minutes per side.
 3. Remove fish to a warm serving platter.
 4. Add butter and shallots into pan. Sauté for 2 minutes.
 5. Add white wine, sliced almonds and the juice of one lemon to the fry pan.
 6. Reduce for a couple of minutes, then pour over fish. Sprinkle with fresh chopped chives and serve immediately.
- Read about Gerry's winter adventures on pg. 11.*

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