
Colorado Trout

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

Servings: 2

1/2 pound bacon

1 large onion, sliced

2 to 3 fresh pan-size trout

1/2 cup cornmeal

1/2 cup flour

1 1/2 teaspoons salt

pepper

In a skillet, fry and drain the bacon. Saute' the onion in the bacon fat. Set the onions on a plate with the bacon.

Roll the trout in a seasoned cornmeal and flour mixture. Fry in the hot bacon fat.

When the trout is almost done, about 10 minutes, top with the bacon and onion. Put a lid on the pan and leave on low heat for 5 to 10 minutes.

(This recipe will work well at a campsite.)

Seafood

Per Serving (excluding unknown items): 915 Calories; 57g Fat (56.8% calories from fat); 41g Protein; 56g Carbohydrate; 4g Dietary Fiber; 96mg Cholesterol; 3413mg Sodium. Exchanges: 3 1/2 Grain(Starch); 4 1/2 Lean Meat; 1 Vegetable; 8 Fat.