

Trout A La Helen

Helen D Vollmar

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Servings: 2

1 (1-1/2 to 2 pound) rainbow trout

1/2 cup dry white wine

1 cup chicken broth

2 bay leaves

3 peppercorns (or freshly ground pepper)

SAUCE

1 cup mayonnaise

1 teaspoon Dijon mustard

juice of 1/4 lemon

1/8 teaspoon salt

paprika (for garnish)

parsley (for garnish)

In a saucepan, combine the wine, broth, bay leaves and peppercorns. Bring to a boil. Lower the temperature and simmer.

Remove the head and tail from the fish. Place the fish into the simmering broth. Simmer for 15 to 20 minutes or until the fins loosen easily from the fish. Remove the fish from the pot. Cool. Skin and debone.

Try to remove the fillets without breaking them. Place the fillets on a platter.

Refrigerate.

Make the sauce: In a bowl, mix the mayonnaise, mustard, lemon juice and salt. Mix well.

When ready to serve, spread the sauce mixture evenly over the trout fillets.

Garnish with paprika and parsley.

Per Serving (excluding unknown items): 901 Calories; 96g Fat (94.0% calories from fat); 12g Protein; 1g Carbohydrate; trace Dietary Fiber; 64mg Cholesterol; 1182mg Sodium. Exchanges: 1 1/2 Lean Meat; 8 Fat; 0 Other Carbohydrates.