

Cleveland County Kitchen

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For Nutrition Facts Label information for trout, see:

(USFDA) Seafood Nutrition Facts:

<https://www.fda.gov/food/ingredientpackaginglabeling/labelingnutrition/ucm063367.htm>

Simple garnishes and sensational seasonings to “dress-up” your entrée. Use some of these suggestions.

- Carrot curls
- Green pepper rings
- Lemon wedges
- Radish roses
- Parsley
- Sliced toasted almonds
- Chopped chives
- Scallions
- Paprika

Be as creative as you like with these garnishes; remember taste & eye appeal!

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Food of the Month - Trout

There is growing interest in North Carolina and throughout the United States in fish farming for food, sport, and hobby. With the natural conditions in western NC, which features many cold-water rivers and streams, it is no surprise aquaculture is growing here and throughout NC. In fact, aquaculture is the fastest growing segment of agriculture in the U.S.

Did You Know?

- Americans today are reported to eat 22% more fish and seafood

than ten years ago?

- To meet this growing consumer demand, over 40% of the fish and seafood consumed around the world, is farm-raised.
- NC is among the leading U.S. trout producing states. Idaho is number one with over 75% of the production.
- In 2008, the U.S. grew over 53 million pounds of trout, primarily rainbow trout, for food markets. Additional trout were grown for recreational use.

The U.S Trout Farmers Association (USTFA) has developed a producer’s quality assurance program for their industry. The program focuses on scientific monitoring of farming and processing to provide consumers with safe, wholesome products.



Nutrition

The US Department of Agriculture (USDA) food guidelines in ChooseMyPlate.gov recommend individuals of all ages select a variety of foods from all five of the food groups – fruits, vegetables, grains, protein and dairy, each day. Fish and seafood are among the healthy protein choices and are good for both your heart and brain. In order to get the maximum health benefits, it is recommended that we eat fish/seafood at least twice each week.

When selecting fish/seafood, choose ones that are rich in omega-3 fatty acids. Omega-3 rich seafood choices include trout, salmon, sardines, anchovies, herring, Pacific oysters, and Atlantic and Pacific mackerel.

Omega-3 fats help to lower blood pressure, reduce the risk of heart disease and stroke, and may help reduce LDL (bad) cholesterol and triglyceride levels. You can check this fact sheet, **NC Seafood & You A Good Match for Your Health**, from NC State University Seafood Laboratory, to see omega-3 levels in various types of NC seafood: <https://fons.ncsu.edu/seafoodlab/publications/omega%20flyer.pdf>

Trout is a healthy protein choice. A 3-ounce serving of cooked rainbow trout is economical, delicious and good for you.

Trout is:

- Easy to prepare
- Easy to digest
- High in protein and low in calories
- Excellent source of B-complex vitamins and essential trace minerals, such as potassium, iron, phosphorus, copper, iodine, manganese, cobalt and selenium.

- Trout and other fatty fish are also rich in vitamins A and D
- Naturally low in fat and sodium



Selection - Food Safety

Trout are often sold fresh, packed on ice, in seafood and farmers' markets. Because of their smaller size, trout are usually sold whole, either dressed or butterflied. One small trout is approximately a 3 ounce equivalent.

Freshness is the key when selecting trout or other seafood. Use this freshness checklist when selecting fresh whole trout. Look for:

- Bright clear eyes
- Light pink or white firm flesh; flesh should spring back when touched
- Shiny skin; shiny tightly connected scales
- No brown or yellow on the edges
- Fresh, ammonia-free odor, smells like the ocean, no strong fishy smell
- Bright red, moist gills

If not cooking trout within 24 hours:

- Place on a cake rack in a pan
- Fill pan with ice
- Cover with foil or plastic wrap
- Place in refrigerator at 32 to 37°

If holding fresh trout for two days or more:

- Wrap tightly in freezer wrap and freeze immediately at 0°F or lower

Preparation

Trout is sold fresh or frozen and is marketed as dressed boned or boneless fillets. They may also be breaded or stuffed. Trout is also available in other forms.

Thawing:

- Thaw fish in the refrigerator, allowing 24 hours for a 1-pound package (NEVER thaw fish or other products at room temperature)
- To thaw quickly, immerse fish for about 1 hour in cold water sealed in a plastic bag.
- Use thawed fish within 36 hours. NEVER refreeze trout after thawing.

Prior to Cooking:

- Wash hands thoroughly before and after handling fish
- Keep surfaces and equipment clean
- Remove trout from package and rinse with cold water
- Pat dry with paper towel
- Prepare as directed.

Cooking Tips:

Prepare trout, like all fish and seafood, as fresh as possible, for best results. NC Cooperative Extension recommends these tips:

- Check and follow cooking and heat recommendations to avoid overcooking trout.
- To help eliminate the fishy flavor, marinate trout in lemon juice, or use lemon pepper.
- Cook fish to an internal temperature of 145-degree F (check using a food thermometer) or until the meat is opaque and flakes easily with a fork. General cooking time will be about 10 minutes per inch of thickness.
- To reduce exposure to contaminants, be sure to clean fresh fish thoroughly, rinse and pat dry with a paper towel. Before cooking, remove fish skin and visible fat. When cooking, let fat drip off; do not use this fat for gravy or sauces. Enjoy the fillet only.

Cooking Techniques

Source: NC Cooperative Extension - Haywood County Center

Broiled Trout:

Salt, pepper, and season trout fillets to taste. Place on preheated broiler pan 2 inches from heat. Broil 5 to 8 minutes or until slightly brown. Turn and cook 5 to 8 minutes until fish flakes easily with fork.

Grilled Trout:

Preheat grill on high heat. Spray or brush fillet side of the North Carolina rainbow trout fillets lightly with oil. Salt, pepper, and season to taste. Place directly on the grill, fillet side down. Cook for 3-5 minutes. Spray or brush skin lightly with oil. Turn fillets over for 3-5 minutes or until fish flakes easily with fork.

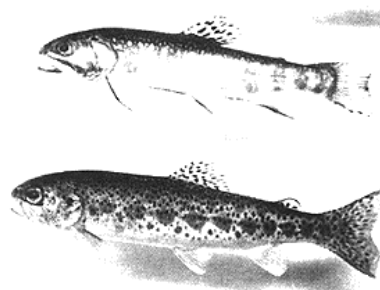
Easy Fried Trout

(For 2 pounds of North Carolina rainbow trout filets)

1 teaspoon salt 1/8 teaspoon black pepper
1 egg 1 teaspoon milk
1 cup flour (or 1/2 cup flour and 1/2 cup cornmeal)

Sprinkle fillets or whole trout inside and out with salt and pepper. Beat egg and blend in milk. Dip fish in egg/milk mixture and roll in flour or flour/cornmeal mix. Place fish in frying pan with 1/8 inch cooking oil. Cook on moderate heat until golden on both sides.

Cooking time: 10 minutes depending on thickness of fish.



Baked Trout 1

2 pounds of NC Rainbow Trout fillets spray oil salt lemon pepper paprika

Preheat oven to 350°F. Spray or brush the fillets lightly with oil. Place the fillets in a baking dish, skin down. Sprinkle fillets with salt, lemon pepper, and paprika. Bake uncovered for 20-30 minutes or until the fish flakes easily with a fork. (You can "spice up" this recipe by substituting cayenne pepper for the paprika).

Baked Trout 3

NC Rainbow Trout fillets Italian bread crumbs seasonings (salt, pepper, garlic, and/or lemon pepper)

Preheat oven to 350°F. Place fillets in baking dish or pan, fillet side up (skin side down). Season to taste (salt, pepper, garlic, and/or lemon pepper). Liberally sprinkle bread crumbs on the fillets to completely cover the fillets. Bake uncovered for 20 minutes or until the fish flakes easily with a fork. The bread crumbs will turn light brown.

Blackened Trout

4 NC Rainbow Trout fillets 1/2 cup unsalted butter 1 Tbs. paprika 2-1/2 teaspoons salt
1 teaspoon cayenne pepper 3/4 teaspoon white pepper 3/4 teaspoon black pepper
1/2 teaspoon thyme 1/2 teaspoon oregano 1 teaspoon onion powder 1 teaspoon garlic powder

Preheat large, heavy skillet until very hot. Combine paprika, salt, onion powder, garlic powder, cayenne pepper, white pepper, black pepper, thyme, and oregano in a small bowl. Dip fillets in melted butter, then in seasoning mixture. Place in hot skillet and cook 2-3 minutes on each side until blackened.

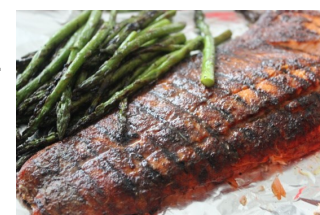


Photo: Food.com

**For additional information on preparing Fresh Trout, see:
US Trout Farmers Association: <https://ustfa.org/preparing-fresh-trout/>**

Don't overcook trout. It should be moist & fork-tender. The thickest part should flake easily when tested with a fork. Insert a meat thermometer into the thickest part to confirm doneness. It should read 145°F for completely cooked fish.

Poaching Trout: Immerse trout in liquid barely covering it. For a flavor bonus, add wines or other liquids. **DO NOT BOIL.** Boiling will destroy delicate flavor.

Microwave: Microwaving is especially suited to the high temperature and short time required for cooking trout. Always thaw trout completely to ensure even cooking. Cover fish with plastic wrap, but turn back one corner to allow venting. Cook at HIGH for 5-6 minutes per lb. for one whole fish; increase time for a larger number of fish. Allow to stand 3 -5 minutes to complete cooking.

Baked Trout Ole'

Ingredients:

2 lb. trout fillet, cut into 6 pieces (or any kind of fish can be used)
3 Tbs. lime juice (about 2 limes)
1 medium tomato, chopped
1/2 medium onion, chopped
3 Tbs. chopped cilantro
1/2 tsp. olive oil
1/4 tsp. ground black pepper
1/4 tsp. salt
1/4 tsp. red pepper (optional)

Directions:

1. Preheat oven to 350°F.
2. Rinse fish and pat dry. Place in baking dish.
3. Mix remaining ingredients together in a bowl, and pour the mixture over the fish.
4. Bake for 15 to 20 minutes, or until the fish flakes easily with a fork.

Source: Stay Young At Heart, U.S. Department of Health and Human Services & USDA Mixing Bowl.

NC Trout Species



Brook Trout

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Brown Trout

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Rainbow Trout

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