

Skillet Fried Rainbow Trout

2 rainbow trout fillets, lightly floured
1 oz toasted almonds
1 lemon wedge
1 oz brown butter
Seasoned flour

Heat the sauce pan to medium-high heat with oil or butter. Lightly salt and pepper the trout fillets and dredge in the seasoned flour. Place the trout flesh-side down and sear for three minutes; turn and cook for an additional two minutes.

In a small sauté pan, combine the brown butter, lemon and almonds and cook for two minutes on medium heat. Pour mixture over trout.





Mixed Grill

- 1 4-oz beef tenderloin filet
- ½ bone-in quail
- 1 3-oz gator tail
- 1 oz balsamic reduction
- Barbecue rub
- Cajun seasoning

Salt and pepper the beef tenderloin and grill to desired temperature. Generously season the quail with barbecue rub, and season the gator tail with Cajun seasoning. Pan-sear the quail and gator tail until the juices run clear. Drizzle balsamic reduction over the filet.



Ahi Tuna Salad

- 1 4-oz ahi tuna steak
- Mixed greens
- 6-8 grape tomatoes
- 4-6 cucumber slices
- 2 avocado slices

Salt and pepper the tuna and pan-sear to medium rare.

Place the mixed greens, tomatoes and slices of cucumber and avocado on a plate. Dress the salad with the vinaigrette dressing. Slice the tuna and place on top of the salad.

Vinaigrette Dressing

- 2 tbsp wasabi powder
- ½ tsp Dijon mustard
- 1 tbsp lime juice
- 1½ tsp honey
- 2 tbsp rice wine vinegar

Mix the wasabi powder, Dijon mustard, lime juice, honey and rice wine vinegar. Dress the salad before adding the tuna. ■