



## FRESH THOUGHTS: *Sustainable Seafood Dining Series*

### MISS LILIAN'S TROUT ("THE HAITIAN WAY") *Chef John Shields of Gertrude's*

#### INGREDIENTS *(Serving Size: 6)*

6 six-ounce trout fillets	1 small hot chili pepper, finely chopped
2 medium limes	3 tomatoes, peeled, seeded and chopped
3 tablespoons chopped flat leaf parsley	¾ cup freshly squeezed orange juice
4 tablespoons butter	Salt and freshly ground black pepper to taste
4 tablespoons olive oil	Chopped flat parsley for garnish
1 small onion, finely chopped	Lime wedges
1 tablespoon minced garlic	
1 small red bell pepper, finely chopped	

#### INSTRUCTIONS

Wash the fish fillets with cold water mixed with the juice of one lime. Pat dry and place the trout on a plate. Squeeze the juice of the second lime over the fillets and sprinkle with chopped parsley and lightly salt. Set aside.

In a sauté pan large enough to hold all the fillets, melt the butter and add the olive oil. Sauté the onion, garlic, red bell pepper and

