

Home on the Range

Trout treats for the fisherman in the family

Now that trout season has arrived, "Home on the Range" is featuring many new and delicious ways to prepare this type of fish. Along with that theme, some of the featured recipes include cookies using old time ammonia.

Although the recipes are old, several of our contributors said that grocery stores in their home towns still stocked these ingredients.

SAUTEED TROUT

- 12 slices bacon
- 6 trout
- ½ cup milk
- ½ cup corn meal

Fry the bacon until crisp and remove to absorbent paper. Wash and clean the trout, leaving the heads and tails on. Dip into milk, then corn meal, and saute them in the bacon fat over brisk heat until done, turning once (five to eight minutes). Serve accompanied by the bacon slices. Serves six.

BROOK TROUT MEUNIERE

- 6 brook trout
- Milk
- ½ cup flour
- ½ teaspoon salt
- Pepper
- Peanut oil
- ¾ cup butter
- Lemon slices
- Chopped parsley

Clean the trout, remove the fins but leave the heads and tails on. Dip in milk and drain well. Mix flour, salt, and pepper. Roll fish in mixture. Heat enough peanut oil in a skillet to cover the bottom to a depth of about one-fourth inch. When hot, add trout and brown well on both sides. When cooked, remove to a hot serving platter. Pour off the fat from the skillet and wipe well with paper towels. Add the butter and cook until it is hazel nut brown. Pour the butter over the trout. Garnish with lemon and parsley. Serves six.

BLUE TROUT LUCHOW

- ¼ cup white vinegar
- 2 tablespoons wine vinegar
- Juice of ½ lemon
- 1 pint of water
- ½ teaspoon salt
- ½ bay leaf
- 1 clove

- 2 peppercorns
- ¼ onion, chopped
- ¼ carrot, chopped
- ¼ celery heart, chopped
- 1 pound fish bones and heads
- 2 fresh brook trout

Combine all the ingredients except the trout and bring to a boil. Lower the heat and simmer 20 minutes. Strain the mixture through a cheesecloth. While the liquid is boiling, clean the fish. Do not wash, and handle as little as possible. Bring the strained liquid to a boil, reduce the heat, add the trout and simmer, uncovered, until the trout turns blue and the fish flakes easily when tested with a fork, seven or eight minutes. Remove from the liquid and serve with boiled potatoes. Serves two.

Above three recipes by:
Claire L. Coombs
Gardners, Pa.

TRUITES AUX AMANDES (Trout with Almonds)

- 4 medium sized trout, (1 to 1½ pounds)
- ¾ cup flour (or less)
- ¾ cup butter
- 1 thinly sliced lemon
- ½ cup heavy cream
- ¾ cup toasted, slivered almonds
- Salt and pepper to taste

Recipe Theme Calendar

MAY

6 "Fresh Trout Creations"
Deadline April 29

13 "Mom's Favorites"
Deadline May 6

20 "Hearty Hot Supper Sandwiches"
Deadline May 13

27 "Mushroom Marvels"
Deadline May 20

Clean, wash, and scale trout. Dry thoroughly and roll lightly in flour. Melt the butter in a frying pan. When it is hot, but not brown, put in trout. Cook over low heat five to seven minutes; turn carefully, and cook on other side for the same length of time. When golden brown, salt and pepper and lay them carefully on a heated serving platter. Add cream to the butter remaining in pan; mix rapidly; add almonds and stir carefully so that the almonds will not be broken and heat again just to the boiling point. Do not boil sauce. Spoon sauce over trout; add thin rounds of lemon and serve immediately. Serves four. Cook's Tip: An easy way to coat the fish in flour is to place the flour in a plastic bag, add one trout and shake the bag until the fish is evenly coated.

TROUT WITH DILL BUTTER

- 4 trout
- ½ teaspoon allspice
- Juice of 2 lemons
- ¼ cup butter

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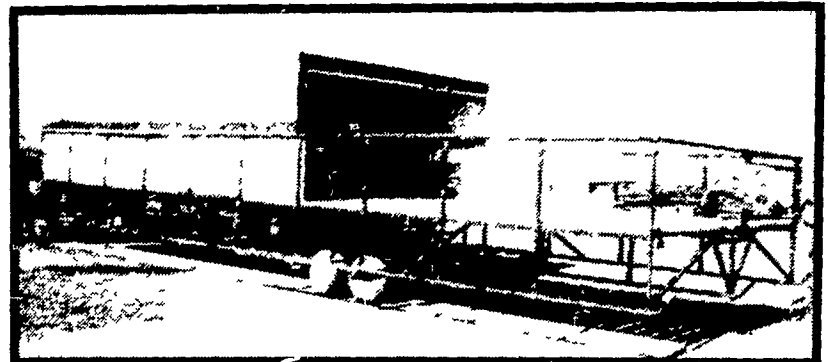
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