

RAINBOW TROUT A LA MEUNIERE: Roll 4 XMAN FRESH FROZEN RAINBOW TROUT in flour seasoned with salt and freshly ground pepper. Sauté the fish in a generous amount of butter, turning them frequently until brown on both sides. Arrange the fish on a hot platter and sprinkle with finely chopped parsley, lemon juice, and a few well-washed capers. When ready to serve, pour over the fish 4 tbs. very hot browned butter. Garnish platter with fresh parsley curls and lemon wedges and serve with a side dish of French fried potatoes.

To vary, 1 ½ tbs. tarragon vinegar may be added to the browned butter before pouring over the fish. A side dish of macaroni baked au gratin is excellent.

Or, prepare a sauce with ½ cup browned butter, ½ cup heavy sweet cream heated to the scalding point, 1 tsp. finely chopped parsley, 1 scant tsp. finely chopped shallot and a few finely chopped tarragon leaves. Season the sauce with salt and pepper, and a few grains nutmeg