

# Colorado Trout

## INGREDIENTS:

4 each Trout, 7 oz, skin on, cleaned  
4 each Lemon, half, grilled  
3/4 C Cherry Tomatoes, halves  
1/2 C Flour  
Salt & Pepper  
1/2 C Butter  
2 Cloves Garlic  
1 each Shallot  
3 tbs Oil  
8 oz Lemon Juice  
8 oz Herb Infused Oil

## DIRECTIONS:

Marinate trout in herb oil. Do not soak, only a light coat. Season flour, season inside of trout. Close trout and dredge in flour. Sear trout in oil on each skin side until crisp, finish in oven if needed (trout flesh should be opaque when cooked). Sauté cherry tomatoes until skin is blistered and browned, season. Plate as shown with trout over risotto, topped with tomatoes. Sauté garlic, shallots in butter. Add lemon juice and reduce by 1/2. Pour lemon butter sauce over trout just before serving. Garnish with fresh parsley.



Recipe and photo provided by  
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