

# WHOLE SPECKLED TROUT

## SERVES 1

*This recipe can also be made using redfish or flounder.*

### Speckled Trout

#### INGREDIENTS

1 lb whole speckled trout, cleaned, descaled, and gutted

All-purpose flour

Tempura batter or an egg wash made using 3 whole eggs and 3 tbsp milk

Fish fry, regular

#### PREPARATION

1. Score both sides with an X, both for decoration and faster cook time.
2. Dust both sides in all-purpose flour.
3. Dip in tempura batter, prepared per box instructions, or in egg wash.
4. Bread in fish fry.
5. Deep fry in oil at 350 °F for about 15 minutes or until done and golden brown (internal temperature should be 145 °F, and time to reach that will depend on the size of the fish).
6. Serve with ginger-citrus dipping sauce (ingredients and directions follow), sautéed vegetables, or jasmine rice.

### Citrus Sauce

*Can be made ahead and stored in fridge for up to one week.*

#### INGREDIENTS

¼ c fish sauce

¼ c sugar

Juice of 1 lime

½ c water

Chili peppers (optional, deseeded and sliced)

#### PREPARATION

Whisk until sugar is dissolved. Add sliced chillies to taste.

### Ginger-Citrus Sauce

*Can be made ahead and stored in fridge for 2 to 3 days. Heat on stove before serving.*

#### INGREDIENTS

1 c citrus sauce

1 tbsp fresh ginger, peeled and minced

3 tbsp sweet chili sauce (can be adjusted to taste)

#### PREPARATION

Add all ingredients to a pan. Reduce over medium heat for about 5 minutes, or longer for a thicker sauce, stirring constantly. Serve on side of plate or drizzle over fish.



Café Minh

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[cafeminh.com](http://cafeminh.com)

For 17 heartwarming years, our neighborhood restaurant has been a beloved gathering place. Here, we combine the cozy charm of a family get-together with a touch of luxury, offering a delightful fusion of Vietnamese-French flavors using the finest local produce and seafood.

*Photos by Frank Relle Gallery  
910 Royal Street, New Orleans  
www.frankrelle.com*

## SPECKLED TROUT FACT

Speckled trout have a prominent set of two fang-like teeth in their upper jaws.

# SPECKLED TROUT

Speckled trout are a popular inshore fish found in Louisiana's wetland areas and can be caught year-round. The elongated silver bodies are sprinkled with black dots on the sides, backs and fins that begin to fade as they mature, while the yellow in their mouths gets more vivid. Speckled trout are carnivores: small trout eat large amounts of shrimp and crustaceans, while larger fish prefer to eat fish-like mullets. This fish is a favorite of recreational fishermen, remaining in the top ten species to catch, and their light texture and delicate flavor make them a favorite for eating as well.