



Sunflower-Crusted Fresh Fish Fillets

Crispy brown crust adds a crunch to the flash fried fish

1-pound trout salmon fillet or 2 to 3 trout fillets

2 Tablespoons sunflower seeds

2 Tablespoons yellow cornmeal

2 Tablespoons all-purpose flour

1/2 teaspoon salt or taste

1/8 teaspoon ground black pepper or to taste

2 Tablespoons vegetable cooking oil

Serve over: mixed salad greens; grape tomatoes; lemon juice, sunflower seeds, as desired

Garnish: Lemon thyme herb sprigs; whole sunflower seeds as desired

Rinse the fish fillet; pat dry.

In small food processor; chop sunflower seeds to fine meal. Add cornmeal, flour, salt, and pepper.

Coat both sides of fish fillets with flour mixture; set aside.

Heat oil in cast iron skillet over medium high heat. Cook fish about 3 to 4 minutes on each side until golden brown and temperature 145 degrees F

Toss mixed salad green and grape tomatoes lightly with lemon juice; arrange on serving plate; place cooked fillet on top of salad; Garnish with lemon thyme sprigs and sunflower seeds as desired. Yield: Serves: 2

Cook's Note: If you use salted sunflower seeds, decrease or omit salt in the recipe. If you can get trout fillets, use several trout fillets.

Recipe Inspired by: Judith Fertig, *Pure Prairie*. 1995, Two Lane Press, Inc.

About the Recipe: Fresh trout were always fish favorites in the Midwest. The plentiful streams provided fresh fish for easy to make dinners. Sunflower seeds blend with a touch of cornmeal and flour to add a crisp crust to the delicious fish. Serve over a fresh salad sprinkled with lemon juice and herbs.