

Fried trout



Provincia

Ávila

Ingredients

(For 4 people)

- 4 trout.
- 4 tablespoons of flour.
- 1 cup of olive oil.
- Lemon.
- Salt.

Preparation method

Clean and dry the trout. Season and coat them in flour. Fry them in very hot oil for about 2 to 3 minutes on each side. Place them on the plate.