

Andorran-Style Trout with Almonds (Trita amb ametlles)

Serves 2 · ~20–25 minutes



Photo: courtesy of Lambros

Cook's note (your version): You used cod (*torsk*) instead of trout. Great swap — it's leaner, so keep the butter generous and the lemon bright. Pan-fry fillets 2–3 min per side depending on thickness.

Sweden-friendly fish options

- Röding (Arctic char)
- Lax (salmon, tail pieces work well)
- Sik (whitefish)
- Regnbåge (rainbow trout), when available
- Torsk (cod) — tested by you; works very well

Ingredients

- 2 small whole trout (300–350 g) or 2 skin-on fillets (150–200 g each)
- 40 g sliced almonds (mandelspån)
- 2–3 tbsp butter + 1 tbsp rapeseed oil

- 2 tbsp flour for light dusting (optional; potato flour for GF)
- Salt & black pepper
- 1 small garlic clove, lightly crushed (optional)
- 1 tbsp capers, rinsed (optional but great)
- 1–2 tbsp lemon juice + lemon wedges
- 1 tbsp chopped parsley
- (Optional) small splash dry white wine

Steps

- 1 **Toast almonds (2 min).** Dry-toast in a pan until golden; set aside.
- 2 **Prep fish.** Pat dry; season. Lightly dust with flour if using.
- 3 **Pan-fry.** Heat butter + oil over medium-high. Add garlic to perfume, then remove. *Fillet*s: skin-side down 3–4 min, flip 1–2 min. *Whole fish*: 4–5 min per side until cooked through. Transfer to warm plates.
- 4 **Sauce.** Add a knob of butter to the pan; (optional) splash wine and reduce 20–30 sec. Stir in lemon juice, capers, most almonds and parsley. Swirl to emulsify; season.
- 5 **Serve.** Spoon sauce over fish; finish with remaining almonds and lemon wedges.

Notes & sides

Richer fish like salmon/char love extra lemon. Dairy-free: use oil and finish with plant butter. Nut-free: swap toasted sunflower/pumpkin seeds. Serve with boiled or sautéed potatoes, green beans, or a slice of trinxat (cabbage–potato cake).