



University of
New Hampshire

Smoked Trout & Lemon Pasta

Serves ~4–6

Ingredients:

- 1 lb smoked trout, flaked
- 8 oz pasta (half a standard 1-lb box)
- 2 tbsp butter
- 1 tsp minced garlic
- $\frac{2}{3}$ cup half and half
- $\frac{1}{4}$ cup grated Parmesan
- $\frac{1}{4}$ cup flour
- $\frac{1}{2}$ cup clam juice/fish stock
- 2 tbsp lemon juice
- $1\frac{1}{2}$ tsp lemon zest
- $1\frac{1}{2}$ tsp Dijon mustard
- $\frac{1}{8}$ tsp black pepper
- 2 tbsp chopped kale or frozen spinach
- 1 tbsp dried dill
- 2 tbsp capers

Instructions:

1. Cook pasta until al dente. Reserve about $\frac{1}{2}$ cup of pasta water, then drain.
2. Sauce: Melt butter in a skillet over medium heat. Add garlic and sauté for 1–2 minutes. Stir in flour and cook for 1 minute. Slowly whisk in clam juice to form a smooth paste.
Add half and half, Parmesan, lemon juice, zest, mustard, and pepper. Stir until thickened (~5 minutes).
3. Add Trout & Greens:
Gently stir in the smoked trout and dill. Warm through (~2 minutes).
Add kale or spinach and cook briefly until wilted.
4. Toss cooked pasta in the sauce. Add a bit of pasta water if needed to thin.
5. Garnish with lemon zest or dill if desired. Serve with crusty bread or a fresh salad.