

**Mississippi Gulf White Trout covered in a spicy Mississippi Gulf Blue Crab stuffing, baked with a crunchy cracker topping.**

**TIME**

45 minutes

**SERVES**

4

**SEASON**

spring, fall, winter

**METHOD**

bake

**INGREDIENTS**

- 4 each 5-6 oz Mississippi Gulf white trout fillets

**CRAB MIXTURE**

- 16 oz Mississippi Gulf blue crabmeat, picked for shells
- 11 Tbsp butter, melted
- 1 cup herb-seasoned stuffing mix, crushed
- 12 oz sliced mushrooms, drained
- 1 each egg
- 1/4 bunch parsley, chopped
- 2 Tbsp lemon juice
- 1/4 tsp hot pepper sauce
- 1/4 tsp salt, to taste
- pepper, to taste

**TOPPING**

- 1/2 cup crushed crackers
- 2 Tbsp butter

**DIRECTIONS**

1. Preheat oven to 350 degrees.
2. Place fish in casserole dish and season with salt and pepper.
3. In a medium bowl, combine crab mixture ingredients and spread evenly over fish.
4. Combine topping ingredients and sprinkle over fish and crab mixture.
5. Bake in oven for 30-35 minutes.

Serving Suggestion: Serve with wilted spinach or sautéed kale.