



# GRAYLING À LA REDWALL

Serves 2



## Equipment:

Oven, aluminum foil, large baking sheet, small baking tray or roasting pan, food processor.



## Ingredients:

### Broiled Trout:

- cooking spray
- 2 rainbow trout, cleaned, gutted, and butterflied (or 4 fillets with skin on)
- 1 tablespoon sauvignon blanc
- 2 tablespoons unsalted butter
- pinch kosher salt
- black pepper

### Wine Cream Sauce:

- 2 tablespoons unsalted butter
- 1 tablespoon flour
- 1 cup sauvignon blanc
- 1 teaspoon minced garlic
- 1 large branch fresh thyme
- 1 sprig fresh mint
- 3/4 teaspoons ground thyme
- 1/4 cup heavy cream
- salt and pepper to taste

### Honey Roasted Hazelnuts:

- 1/4 cup shelled hazelnuts
- 1 tablespoon honey
- 1/2 tablespoon fresh rosemary leaves
- pinch salt