



THE  
GLUTTONOUS  
GEEK

# GRAYLING À LA REDWALL

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

**Serves 4**



## Ingredients:

### Broiled Trout:

cooking spray  
2 rainbow trout, cleaned,  
• gutted, and butterflied  
• (or 4 fillets with skin on)  
1 Tb saigon blanc  
2 Tb unsalted butter  
pinch kosher salt  
black pepper

### Honey Roasted Hazelnuts:

• 1/4 cup shelled hazelnuts  
• 1 tablespoon honey

### Wine Cream Sauce:

• 2 Tb unsalted butter  
• 1 Tb flour  
• 1 cup saigon blanc  
• 1 tsp minced garlic  
• 1 large branch fresh thyme  
• 1 sprig fresh mint  
• 3/4 tsp ground thyme  
• 1/4 cup heavy cream  
• salt and pepper to taste

1/2 Tb fresh rosemary leaves  
pinch salt

## Instructions:

1. Preheat the oven to 400° F
2. Line the baking tray or roasting pan with foil and pour in hazelnuts. Roast nuts 7-10 minutes until golden brown. Remove tray from oven and transfer nuts to a dish after about a minute or two of cooling.
3. Stir in honey and salt until fully coated and scrape mix back onto lined baking tray. Roast another 3 minutes in the oven before removing to let cool completely.
4. Start making the sauce by melting butter in the saucepan. Whisk flour in until smooth and the roux starts bubbling. Scrape roux into a separate dish and put the saucepan back on the stovetop. Pour in the wine and bring to a boil with the mint, garlic, and thyme (both fresh and ground). Cover and reduce the heat to low. Let simmer about 15 minutes.
5. Remove herb sprigs and discard. Pour in the cream and whisk in the roux until the sauce has thickened. Add salt and pepper to taste. Turn off heat and cover pan to keep warm.
6. Line large baking sheet with foil and spray with cooking spray. Transfer the butterflied fish to the sheet and drizzle 1/2 Tb of wine on the flesh of each. Season with salt and pepper, dot with butter, and place a sprig or two of mint or thyme on top.
7. Broil the fish on high 3-5 minutes until the flesh is opaque and flakes easily. Remove herb sprigs and discard.
8. Transfer hazelnuts to food processor with rosemary leaves and pulverize until the consistency of large breadcrumbs. Transfer fish with a large spatula to plates, smother with sauce, and sprinkle on the crushed nuts before serving.