

# Rainbow Trout with Seafood Pilaf and Sauce Beurre Blanc

By Bob Skolnick Photography by Marty Snortum Studio

Serves 4

- 4 whole trout
- 6 oz flour
- 6 oz unsalted butter
- 8 oz rice (I recommend Casbah Wheat Pilaf)
- 12 oz clam juice
- 8 shrimp U 10-15 (medium),  
peeled and vein removed
- 4 Dungeness crab claws,  
with the meat removed
- 4 large scallops
- 1 Spanish onions, finely diced
- 2 cloves garlic, finely diced
- 4 medium mushrooms, finely diced
- 1 red bell pepper
- 2 oz cooking sherry
- 3 oz Italian parsley, chopped
- 4 sprigs of fresh parsley
- 4 fresh whole lemons
- 3 oz Old Bay seasoning
- Salt and pepper to taste



## TO PREPARE THE SEAFOOD PILAF

Take 2 ounces of the unsalted butter and heat until melted. Add the onion, garlic, mushrooms and red pepper and sauté until the vegetables are soft but not browned. Add in the rice and continue to sauté for five minutes, stirring constantly. Sprinkle in the Old Bay seasoning and half of the fresh chopped parsley. Pre-heat the clam juice and add to the rice. Squeeze in the juice of one lemon. Stir the clam juice and rice mixture and bring to a boil. Transfer to a baking dish or pan and place in a 350-degree preheated oven for 45 minutes or until the rice is tender. Remove from the oven, fluff with a fork and let stand covered.

Heat 2 ounces unsalted butter in a sauté pan. Slice the scallops in half and sauté for a few minutes. Cut the shrimp into ½ inch pieces and add to the scallops after the scallops have cooked for 2 to 3 minutes. Crack open the crab claws, remove the meat and cut into ½ inch pieces. When the scallops and shrimp are cooked, add the crabmeat and sauté. Add the cooking sherry and simmer for 2 minutes to remove the alcohol and set aside to cool. When cooled to room temperature, gently fold the seafood and wine mixture into the vegetable pilaf. Keep the seafood pilaf warm while the fish is cooking.



## TO PREPARE THE RAINBOW TROUT FOR COOKING

When you purchase trout from a grocery store, select trout that are on the smaller side as you are serving one whole trout per person. Most grocers get their fish in twice a week, usually Wednesdays and Saturdays. Purchase your fish on those days. When making your selection, ask to see the fish. Make sure the skin is not covered with a residue and the fish does not have a strong fishy smell. Ask to have the head removed before wrapping your trout. After it's wrapped, ask to have the fish placed in a plastic bag, and then inside a bag with ice. Our weather is hot, and keeping the fish chilled from the market to your house is important.

When you get the trout home, remove the wrapped fish from the bag and rinse the fish off in cold water. You will now have to bone the trout, which is not difficult. Take a pair of scissors and cut the fin off of the back of the trout. Using a boning knife, start at the head end of the trout and insert the tip of the knife under the rib cage bones, moving the knife from the backbone

outward towards the belly flap, keeping the blade of the knife tight to the bone. Repeat this process an inch or so at a time until you have separated the meat from the bone on one side of the trout. Turn the trout over and bone the second side. At this point you should have the exposed rib cage with the backbone still attached to the flesh. Now run the tip of your blade under the backbone, which will allow you to remove the backbone and rib cage in its entirety. The trout should now be open flat, flesh side up. Rub the fish flesh with fresh lemon juice and sprinkle with a little Old Bay seasoning and brush on a little melted butter. Close the fish and dredge just the skin side of the fish with seasoned flour. Next take several spoonfuls of the seafood rice pilaf and pack it into the trout cavity. Make sure you do not overstuff the trout, as you want it to close for cooking.

#### TO COOK THE RAINBOW TROUT

Preheat your oven to 350 degrees. Place the trout stuffed with the seafood pilaf on a buttered baking pan. Brush the top side of the trout with butter and place in the oven for 25 minutes. Test the trout to insure the center of the stuffing is hot. Now turn on the broiler and quickly brown the top skin until crisp. Turn off the broiler and the oven. Open the oven door to allow heat to escape but keep the fish warm while you prepare your sauce, which needs to be done after the fish is cooked.

#### TO PREPARE THE BEURRE BLANC (Makes about 1/2 pint)

- 4 oz dry white wine
- 1 oz lemon juice
- 1 oz shallots, chopped
- 1/2 lb butter, cold and cut into small pieces
- 1 oz heavy cream

Combine the wine, lemon juice and shallots in a saucepan. Set the saucepan over low heat and add a few pieces of cold butter at a time whipping constantly. Continue to add the butter until all is incorporated. Be careful not to overheat the sauce, as it will break down. When all of the butter is whipped in, add the heavy cream and heat for a few seconds. Serve immediately by spooning over the fish.

To serve the rainbow trout

Using a long spatula, place one stuffed trout per plate. Place a cup of the seafood pilaf on the plate beside the trout. Spoon a few ounces of Beurre Blanc sauce over the trout. Garnish with half a lemon and a sprig of fresh parsley. A nice accompaniment with this dish is fresh asparagus spears.

Buen Provecho!



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