

Spanish Trout with Chili Vinaigrette

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This is an adaptation of a classic dish from Navarra, Spain. The northern regions of Spain are a fly fishing destination for trout. The sear/broil technique produces crispy skin on the bottom and crispy ham on top. If you don't eat the skin, you are missing out. It's gluten free and worthy of a special occasion or entertaining. You can cut the fillets crosswise between the ham strips and serve it as a tapas (small plate or appetizer) instead of a main course.

Ingredients (serves 4):

Chili Vinaigrette

3 tablespoons reserve sherry vinegar

1 small shallot minced

1 Jalapeño or Fresno chili, seeded, minced (Fresno Chilies are hotter than Jalapeños)

2 garlic cloves, minced

2 teaspoons flat leaf parsley, minced

1/4 teaspoon ground pepper

1/4 teaspoon sugar

6 tablespoons olive oil

Trout

4 trout fillets, scaled, skin on

Sea salt and freshly ground pepper

1 sprig fresh rosemary, minced

2 sprigs fresh fresh thyme, minced

4 thin slices Iberico or Serrano ham or Prosciutto, cut into 1" strips

Olive oil spray

Garnish

2 tablespoons flat leaf parsley, chopped

Equipment

Large cast iron or stainless steel, oven proof fry pan

Long spatula

Directions:

Put the trout fillets on a large cutting board. Sprinkle the salt, pepper, rosemary and thyme on the trout fillets. Place the ham strips crosswise on the fillets spaced by about 1/8" apart. Trim the strips to fit the width of the fillet. Let the fillets rest at room temperature for 30 minutes. While the trout is resting make the vinaigrette.

Combine all of the vinaigrette ingredients except the olive oil in a bowl. In a steady stream, pour the oil into the bowl while whisking.

Set an oven rack about 6" below the broiler heating element and set the broiler to high. Heat a large oven proof fry pan over medium heat. Spray with olive oil on the pan. When the oil is just smoking, carefully add the trout fillets skin side down using a long spatula. Cook for 2-4 minutes until the fillet is cooked half way though, then transfer to the broiler. Broil for 2-4 minutes until the fish flakes easily but still moist and the ham is browned.

Remove the trout to a large serving platter. Garnish with parsley and serve with the vinaigrette on the side.