

Whole Trout with Hazelnut Crust and Mushroom Rice

Recipe by Ariana Sherlock
Torii Mor Winery

Serves: 2 people



WINE PAIRING: TORII MOR 2006 OLSON ESTATE
VINEYARD PINOT NOIR

Ingredients:

½ cup hazelnuts	For Mushroom Rice:
2 (10- to 12-oz.) whole trout, cleaned	1 Tbsp. olive oil
salt & cracked black pepper	2 Tbsp. chopped onion
1 large egg	½ cup long grain rice
2 Tbsp. vegetable oil	1 cup chicken broth
2 Tbsp. unsalted butter, divided	8 oz. mushrooms, sliced
1 tsp. fresh lemon juice	¼ cup dry white wine
2 tsp. flat-leaf parsley, chopped	2 scallions, chopped

Preheat oven to 350°F. Rinse trout and pat dry. Season trout with salt & pepper inside and out.

Pulse hazelnuts in a food processor until finely ground. Spread ground nuts onto

a plate. Beat egg in a wide, shallow bowl. Dip both sides of fish first in egg and then nuts, pressing nuts onto trout to create a crust.

Heat a large, oven-proof, skillet over medium heat and add oil. Once oil is hot, add trout and cook, shaking skillet occasionally to prevent sticking, 3 min. per side. Place skillet with trout in preheated oven to finish cooking, about 7 minutes.

Transfer trout to serving platter, while skillet is still hot, melt 1 tablespoon butter and stir in lemon juice. Pour over trout and sprinkle with parsley.

For Mushroom Rice:

In a small sauce pan, heat olive oil over medium heat. Add onion and cook 2 minutes. Add rice, season with salt & pepper, and stir to coat rice with oil. Add broth and bring to a boil. Cover and reduce heat to low. Simmer for 15-18 min, turn off heat, and let stand a few minutes, covered.

Meanwhile, melt 1 tablespoon butter in a skillet over medium-high heat. Add mushrooms and saute with salt & pepper to taste until browned and any liquid mushrooms give off is evaporated. Add wine and simmer, stirring occasionally, until wine is evaporated. Fluff rice with a fork; stir in mushrooms and scallions.

“Through this Torii Mor, this Earth gate, we step, to make glad the soul, with wine”