Escabeche of Trout

Recipe courtesy of Alton Brown

SERVE & PROTECT

TENNESSEE AQUARIUM

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INGREDIENTS

1/3	cups flour
1 1/2	teaspoons kosher salt - divided
1/2	teaspoon black pepper - freshly ground
4	6 to 8 ounce whole US farmed Rainbow trout - head on, scaled, gutted and rinsed
1/3	cup olive oil
1	medium red onion - julienned
3	cloves garlic sliced
6	sprigs fresh thyme
1/2	teaspoon coriander - freshly ground
1/2	teaspoon smoked paprika
1 1/2	cups dry white wine
1/2	cup white wine vinegar
3	strips lemon zest

Yield: 4 servings
Prep Time: 30 minutes
Cook Time: 12 minutes
Inactive Prep Time: 1 - 12 hours

DIRECTIONS

1. Combine the flour, 1 teaspoon of salt, and 1/4 teaspoon of black pepper in a 1-gallon ziptop bag. Pat the trout dry and toss to coat in the bag with the seasoned flour.

2. Heat the olive oil in a 12-inch saute pan set over medium-high heat until it shimmers. Carefully add the trout to the pan. Cook on each side for 1 minute.

3. Using tongs or a fish spatula, transfer the trout to a 13x9 glass baking dish. Reduce the heat to medium, add the onion, and cook until translucent, approximately 5 minutes. Add the garlic and cook for an additional minute. Add the remaining 1/2 teaspoon salt, 1/4 teaspoon black pepper, thyme, coriander, paprika, white wine, vinegar, and lemon zest. Decrease the heat to low and simmer, uncovered, for 10 minutes.

4. Remove from the heat and pour the marinade over the trout. Refrigerate, uncovered, for at least 1 hour before serving. Serve cool or at room temperature with the sauce and onions. Refrigerate, covered, for up to 12 hours.