

NUTS & BOLTS RECIPE

SPECKLED TROUT OVER CREAMY GRITS

If you are tired of fried trout, try this. The grits are creamy and cheesy. My wife hates grits, but she loves this dish. Works well with redfish filets, and with grouper too!

Makes 6 Servings

Prep: 40 min.

For the Trout Filets:

½ tsp Kosher Salt
1 tsp Cajun Seasoning
2 lbs Thick SeaTrout Filets
Olive oil to coat fish, and some for pan frying

½ tsp Black pepper

Creamy Cheese Grits:

1 tbsp Olive oil
1 tblsp Red bell pepper, finely diced
2 cups Whole milk
Dash of Tabasco
1 tsp Salt
¾ cup Quick Grits

1 tblsp Yellow onion, finely diced
1 tsp Minced garlic
1 cup Heavy cream
1 tsp Cajun seasoning
1 tsp Black pepper
¾ cup Parmesan cheese (or grated cheddar)

Cream Sauce:

1 tblsp Olive Oil
2 sprigs fresh thyme
¾ cup heavy cream
1 tsp granulated garlic
1 tsp Cajun seasoning
8 oz bag of fresh baby spinach leaves (stems removed, chopped coarsely)

1 shallot, finely diced
½ cup white wine
¾ cup half & half
1 tsp granulated onion
1/8 tsp Cayenne pepper

PREP FOR TROUT:

Lightly coat fish with olive oil to wet.

Rub seasonings over fish, cover in glassware dish, and refrigerate

MAKING THE GRITS:

In a 2 qt sauce pot, over medium heat, add oil.
Saute pepper and onions for approx 4 minutes
Add garlic and sauté for another minute or so.

Add milk and cream and bring to a boil, slowly.
DO NOT LET THIS BOIL OVER!

Add Tabasco, Cajun seasoning, salt and pepper and whisk in

Blend in grits and reduce heat to low.

Cover and cook 7 to 8 minutes. Stir occasionally to prevent from sticking.

Stir in cheese, and add more whole milk if grits appear too thick.
Turn off heat, cover and keep warm.

CREAM SAUCE FOR FISH:

In a 1 quart saucepan or large skillet over medium heat
Add olive oil.

Saute shallot for 3 minutes, add thyme and white wine, bring to boil and reduce the liquid by half

Add heavy cream and half & half, bring to slow boil. **WATCH FOR BOIL OVER! BE CAREFUL.**

Add garlic & onion powder, Cajun seasoning and pepper.

Reduce this by 1/3

Remove thyme sprigs

Add spinach and cook for 2 minutes. Turn off heat, but keep warm.

PAN FRYING THE FISH:

Add olive oil to large hot skillet on medium high heat.

Cook fish until golden brown on one side, about 4 minutes, depending on thickness
Flip fish and cook 4 more minutes on other side.

If fish is very thick, place in 450 degree oven for 5 minutes to finish off.

SERVING:

Place a large scoop of the creamy grits in center of plate.

Gently place fish filet on center of grits.

Ladle sauce over grits and around edge of plate.

Garnish with fresh sprig of thyme and lemon wedge.