

Seared Trout with Grapefruit Butter and Broccolini

Serves 2

Ingredients:

1 Fillet of trout, about 1 lb, cut in half
1 Grapefruit, supremes removed and juice reserved (¼ cup)
½ cup Dry white wine; we like a good New Zealand Sauvignon Blanc
8 Tbsp Unsalted butter, cubed & allowed to reach room temperature
1 bunch Broccolini, stems peeled and woody ends removed
2 Tbsp Chopped tarragon, 2 stems saved for the sauce
Salt and pepper to taste



Directions:

1. Using a paring knife, cut the top and bottom off of the grapefruit. Cut the peel and pith off around the outside leaving only the fruit.
2. Cut wedges of the fruit out from in between the membrane and reserve. (These wedges are called 'supremes' of citrus.)
3. Squeeze the juice from the remaining fruit; you will need ¼ cup.
4. In a small sauce pot, combine the fruit juice, white wine and 2 tarragon stems. Place on medium-high heat and reduce until syrupy.
5. Once reduced, add the room temperature butter cubes and stir off the heat until emulsified. Season with the chopped tarragon and salt. Set aside and keep warm.
6. Heat a non-stick skillet over medium-high heat.
7. Season the trout with salt and pepper. (Hint: to avoid the skin shrinking, cut 3-4 slits into the skin.)
8. Add 1 Tbsp of vegetable oil to the skillet and lay the trout skin side down and sauté for 3 minutes. Place the broccolini in the pan and sauté for an additional 3 minutes or until the trout skin is golden brown and crispy.
9. Flip the trout and the broccolini over and cook for an additional 1 minute or until the trout is just cooked through.

To Plate:

1. Lay the trout skin side up on two serving plates followed by the broccolini. Add 4-5 grapefruit supremes to each plate and generously spoon the butter sauce over the broccolini and around the trout.
2. Serve immediately.