

# TROUT GRIEG

## SERVES 4

"This dish was popular at Commander's Palace in the 1970s and '80s. We revisit it from time to time for its vivid flavor, and because it's so darn easy and quick to put together. Essentially it's roasted fish topped with crabmeat and meunière sauce. It can be made with whatever trout is local; in Louisiana, that is speckled trout."

- Ti Adelaide Martin, Co-Proprietor of Commander's Palace

## Sauce

### INGREDIENTS

½ c dry white wine	Pinch of kosher salt, plus additional to taste
¼ c Crystal Hot Sauce	
¼ c Worcestershire sauce	¼ tsp freshly ground black pepper, plus additional to taste
1 medium lemon, peel and pith removed, chopped	½ c heavy cream
1 shallot, chopped	8 tbsp cool, unsalted butter, cut into pieces
2 sprigs fresh thyme	
1 tsp minced garlic	

### PREPARATION

1. Heat a small saucepan over medium heat. Add the wine, hot sauce, Worcestershire, lemon, shallot, thyme, garlic, salt, and black pepper and bring to boil.
2. Turn heat down and simmer until the sauce is reduced by three quarters, 5 to 6 minutes.
3. Add the cream and bring back to a simmer until cream is reduced by half, 2 to 3 minutes.
4. Reduce the heat to low and slowly whisk in the butter, one piece at a time, whisking constantly to form an emulsion.
5. Adjust the seasoning, adding salt and pepper to taste as needed.
6. Strain the sauce through a fine mesh strainer into a clean saucepan, pressing against the solids with the back of a spoon to extract as much liquid as possible.
7. Keep it warm on the back of the stove.

## Fish

### INGREDIENTS

4 6- to 8-oz trout fillets	6 tbsp unsalted butter, room temperature
1 tsp plus a pinch of kosher salt	1 c dry white wine
1 tsp ground white pepper	6 oz jumbo lump or lump crab meat, picked over for shells and cartilage
1 tsp minced garlic	Pinch of freshly ground black pepper
½ tsp crushed red pepper flakes	

### PREPARATION

1. Preheat the oven to 400 °F.
2. Season the fish on both sides with the 1 teaspoon salt, white pepper, garlic, and red pepper flakes and place in a baking dish.
3. Spread 1 tablespoon butter over each fillet, and pour ¾ cup of the wine into the dish. Roast, uncovered, for 16 to 18 minutes, until cooked through, with white flesh throughout and an internal temperature of 145 °F.

## Crab Meat

### PREPARATION

1. In a small skillet, combine the remaining 2 tablespoons butter and the remaining ¼ cup wine, and bring to a boil over medium-high heat.
2. Add the crab meat, the pinch of salt, and the pepper.
3. Toss to combine, being careful not to break up the lumps of crab meat, until warmed through, about 1 minute.
4. Place the trout on plates. Spoon the crab mixture over the fish, and drizzle with the sauce.



## COMMANDER'S PALACE

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As a seven time James Beard Award winning restaurant, Commander's Palace is known for its high quality food and convivial atmosphere. The history of this famous restaurant offers a glimpse into New Orleans' storied past and has been the go-to destination for Haute Creole cuisine and rollicking Louisiana charm.

**SPECKLED TROUT FACT**

Female speckled trout are usually larger than males.

# SPECKLED TROUT

In Louisiana, coastal wetlands, mostly salt marshes (or estuarine wetlands) encompass about 2.5 million acres. Speckled trout live in these areas, rarely migrating far from the estuary in which they spawned. Since 2016, however, trout have been on a decline, some of which is due to the disappearance of habitat as our wetlands rapidly erode. Seasonal weather patterns and fluctuations in salinity also play roles. The relatively long spawning pattern, from spring through summer, can help if other conditions are favorable. In November 2023, Louisiana implemented new bag limits on spotted trout at 15 fish per person per catch and a length limit of minimum 13" and maximum 20", with an allowance for two fish over the maximum length.