

Trout Redhead

Written by

Thursday, 23 June 2011 00:27 - Last Updated Wednesday, 06 July 2011 03:12

Uncle Ralph Serve with Sauce Gribiche (gra-beesh') 2 cups flour 1 TBS paprika 1 tsp salt 8 oz beer 16 speckled trout filets Salt, lemon-pepper seasoning 2 cups peanut oil for frying SAUCE GRIBICHE (gra-beesh'): 2...

Serve with Sauce Gribiche (gra-beesh')

- 2 cups flour
- 1 TBS paprika
- 1 tsp salt
- 8 oz beer
- 16 speckled trout filets
- Salt, lemon-pepper seasoning
- 2 cups peanut oil for frying

SAUCE GRIBICHE (gra-beesh'):

- 2 eggs, hard boiled
- 2 tsp Dijon mustard
- 1/2 tsp dry mustard
- 1/4 tsp salt
- 1/8 tsp cayenne pepper
- 2 TBS tarragon vinegar
- 1/4 cup vegetable oil
- 1/4 cup olive oil
- TBS sweet pickle relish
- TBS fresh parsley
- 1 tsp tarragon
- 1 tsp fresh chives

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1. For batter, combine 1 cup flour with next 3 ingredients in a bowl and let stand for at least 1 hour
2. Season filets with salt and lemon-pepper seasoning mix
3. Heat oil to 360° in large deep-sided skillet; should fill approximately 1"-2"
4. Dredge filets in dry flour and then wet batter
5. Fry each about 5 minutes per side, set on metal grill over pan to drain; important—don't overcrowd pan
6. Keep fried fish warm in 200° oven until ready to serve

Sauce Gribiche

1. With an electric mixer blend on medium speed Dijon mustard and next 3 ingredients
2. In separate bowl, mix tarragon vinegar and 2 oils
3. With mixer at medium speed, very slowly add oil and vinegar mixture to the mustard mixture. As you would making homemade mayonnaise. (If mixture separates, whisk in 2-3 TBS boiling water)
4. To the prepared sauce add 2 egg whites, finely grated; pickle relish, and last 3 ingredients; mix thoroughly by hand
5. Place sauce in gravy boat or individual serving pieces for guest to use over fried trout

Serves 8