

Trout Delmonico

MAKES 4 SERVINGS

This signature dish from the LaFranca's Delmonico tenure is a celebration of local seafood, with large trout fillets topped by shrimp and scallops and lemon butter sauce—simple, elegant, and delicious.



4 tbsp (1/2 stick) unsalted butter, melted
1 tbsp fresh lemon juice
1/2 tsp plus 1/8 tsp salt
1/2 tsp plus 1/8 tsp ground white pepper
4 7 to 8-ounce trout fillets
12 medium shrimp, peeled and deveined
6 large, scallops, chopped (I am substituting these for the oysters)
1 tsp chopped fresh parsley
6 fresh cilantro sprigs, for garnish
4 lemon wedges, for garnish
4 tomato wedges, for garnish

- ❖ Preheat the oven to 350°F. Line a large baking sheet with parchment paper.
- ❖ Combine the melted butter, lemon juice, 1/8 tsp of the salt, and 1/8 tsp of the white pepper in a small bowl. Use the immersion blender provided.
- ❖ Arrange the fish on the baking sheet without touching and place 3 shrimp on top of each fillet, spacing them about 1 inch apart. Using a pastry brush, coat the fillets and the shrimp on all sides with the lemon butter mixture and season each with 1/8 tsp of the remaining salt and 1/8 tsp of the remaining white pepper. Bake, basting twice with the lemon butter mixture, until the fish is opaque and the shrimp are just pink, 8 to 10 minutes.
- ❖ Remove the fish from the oven. Increase the heat to broil and move the top rack to the highest position. Mix the chopped scallops with some of the lemon butter mixture and place on top of each fillet, alternating with the shrimp. (choice of alternating, paralleling or dividing one end versus the other)
- ❖ Brush the fish, shrimp, and scallops with the remaining lemon butter mixture, sprinkle each fillet with 1/4 teaspoon of the cilantro, and broil 3 to 4 minutes.
- ❖ Arrange 1 fillet on each of 4 serving plates. Garnish the plates with the fresh cilantro sprigs and lemon and tomato wedges and serve immediately.