

Thyme Rubbed Ruby Trout with Shallot and Caramelized Cauliflower Risotto

This recipe was provided courtesy of local cookbook author and chef, Carla Snyder. Learn more about Carla and discover her recipes at Ravenouskitchen.com.

Start-To-Finish: 30 minutes

Hands-On-Time: 20 minutes

Serves 2

Ingredients

- 2 shallots, minced
- 1/2 tsp. minced fresh thyme plus a few sprigs for garnish
- 1/2 cup heavy cream
- 24 oz. ruby trout, skin removed
- Salt for sprinkling, plus 1/2 tsp.
- Freshly ground black pepper
- 5 to 6 cups riced cauliflower (packaged in the Produce Department) or 1 head cauliflower, finely chopped
- 3 Tbsp. olive oil, divided



Instructions

1. Mince the shallot and thyme on a large cutting board into individual piles. Measure out the cream. Pat the salmon filets dry and sprinkle them with salt and pepper. Sprinkle the minced thyme over the fish and pat it lightly with your fingers so that it sticks. Measure out the cauliflower.
2. Heat a 12-in. frying pan with a lid over medium-high heat and add 1 tbsp. of oil. When the oil shimmers, add the trout to the pan and brown it, flesh-side-down, about 2 minutes. Flip the fish with a thin-edged spatula and cook the other side for another minute. Transfer the fish to a plate. It won't be cooked at this point.
3. Add the shallot to the hot pan and sauté for 30 seconds or until it begins to soften. Add the cauliflower, the 1/2 tsp. salt and pepper and the remaining 2 tbsp. olive oil, tossing until everything is coated with the oil.
4. Allow the cauliflower to cook undisturbed for about 3 minutes or until it begins to brown. Scrape the bottom of the pan with the spatula flipping the cauliflower over and cook undisturbed for another 3 minutes or until it browns again. Taste for seasoning, adding more salt and pepper if needed. Add the cream and give it a stir. It will boil immediately. Top with the fish. Cover and cook over low heat for another 2 minutes or until the fish flakes. If you're wondering where the cream went, the cauliflower absorbed most of it.
5. Mound the cauliflower risotto into heated shallow bowls and top it with the fish. Garnish the plate with the extra thyme sprigs if desired.

Extra Hungry? How about a salad of red leaf lettuce and halved grape tomatoes with a splash of balsamic and a glug of olive oil?

In the glass: A medium-bodied Pinot Noir is a classic pairing with this rich dish. Pinots can be pricey, but there are a few widely available bottles for under \$25 such as Definitive or A to Z. If you're more of a white wine fan, your favorite bottle of Chardonnay will be delish.