



Fresh. Simple. Sustainable.

Fjord Trout with Salmoriglio Sauce
adapted from Marcella Hazan / *Food and Wine*

HOF note: In Marcella's original recipe, the fish is first rinsed in vinegar. Then it is marinated for 30 minutes with salt, lemon juice and topped with breadcrumbs. We do not do this.

2 pounds fish fillets (salmon, arctic char, various trouts or halibut, with or without skin)
Salt
2 tablespoons fresh lemon juice
½ cup fine, dry breadcrumbs
2 tablespoons extra-virgin olive oil

SALMORIGLIO SAUCE

2 tablespoons thyme leaves
1 ½ tablespoons fresh lemon juice
1 tablespoon Dijon mustard
Salt
2 tablespoons unsalted butter, softened
3 tablespoons extra-virgin olive oil

Preheat the oven to 400° or light a grill.

Arrange fish fillets on an ovenproof glass or ceramic platter. Rub a little salt over the skinless sides of the fillets and sprinkle with the lemon juice. Spread half of the breadcrumbs over the fillets and drizzle them with 1 tablespoon of the olive oil; turn the fillets and repeat with the remaining breadcrumbs and olive oil. Bake the fish on the platter until just cooked through, about 12 to 15 minutes. Alternatively, grill the fish, skin side down for skin-on fillets, for about 5 minutes; turn the fillets and grill just until they flake, about 4 minutes longer.

In a mini food processor, combine the thyme leaves, lemon juice, mustard, and salt. Pulse for 1 minute. Add the butter and process until completely smooth. With the machine on, add the olive oil in a thin, constant stream until fully incorporated. Season the sauce with salt and pour into a sauceboat.

Transfer the fish to a platter. Pour the *salmoriglio* sauce over the fish fillets and serve.
Serves 4

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