

Trout Sauce

Franca Tarroni

Servings: 4

*1 medium onion, chopped fine
1 medium carrot, chopped fine
3 cloves garlic, chopped fine
2 whole pepperoncini (remove after cooking)
4 tablespoons butter
1 can tomatoes, diced
1 1/2 cups dry white wine
3 each trout, whole, fresh or frozen
1 cup whipping cream
1 packet saffron
1 pound tagliatelle*

Serve over white and/or green tagliatelle. (no cheese)

Sauté finely chopped onion, carrot and garlic in butter until golden, with whole pepperoncini.

Add trout which have only had tails cut off. If trout are too large to fit in pot, cut off heads, but put heads in pot to cook. Cook trout about 10 minutes, turning 2-3 times.

Add wine, cook until nearly evaporated, 20-30 minutes. Stir frequently.

Remove trout and pepperoncini. Discard pepperoncini and fish heads.

Add cream, tomatoes, and saffron. Add salt and fresh ground pepper, if needed, to taste. Reduce by 1/3, stirring frequently, 15-20 minutes.

Skin, de-bone and fragment trout. Return trout pieces to sauce and cook 1-2 minutes.

Serve over white and/or green tagliatelle.

Per Serving (excluding unknown items): 390 Calories; 34g Fat (88.6% calories from fat); 2g Protein; 8g Carbohydrate; 113mg Cholesterol; 152mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 0 Non-Fat Milk; 6 1/2 Fat.