

HOOKED ON FISH

Fresh. Simple. Sustainable.

Tuscan Grilled Trout

Food and Wine

- ¼ cup olive oil
- 1 clove garlic, cut into thin slices
- ½ teaspoon dried sage
- ½ teaspoon dried rosemary, crumbled
- 2 tablespoons wine vinegar
- ½ teaspoon salt
- ¼ teaspoon fresh-ground black pepper
- 8 trout fillets (about 2 pounds in all)

Light the grill or heat the broiler. In a small stainless-steel saucepan, combine the oil, garlic, sage, and rosemary. Cook over moderately low heat until the garlic just starts to brown, about 2 minutes. Remove from the heat and immediately stir in the vinegar, ¼ teaspoon of the salt, and the pepper.

Put the trout fillets in a medium glass dish or stainless-steel pan. Sprinkle the fish with the remaining 1/4 teaspoon salt. Add half of the oil-and-vinegar mixture and turn to coat. Grill or broil the fish skin-side down for 2 minutes. Turn and cook until just done, about 2 minutes longer for ¼ - inch-thick fillets. To serve, whisk the remaining oil-and-vinegar mixture and pour it over the hot fish.

Test-Kitchen Tip If you don't plan to grill the trout right away, let the oil and vinegar cool completely before adding the mixture to the fish. Otherwise, the hot oil and vinegar will start to cook the fish immediately.

Serves 4