

# ingles

## Cooking with Class



### **Grilled Trout with Succotash** (4 servings)

4 Trout fillets  
Salt & pepper to taste  
3 oz. (6 TBSP) clarified butter  
2 cups soy beans (edamame), shelled  
1 cup tomatoes, peeled, seeded and diced  
¼ cup (approx 2) shallots, minced  
2 TBSP garlic, minced  
1 cup white wine  
1 sprig fresh thyme  
¾ cup (6 oz) heavy cream  
1 stick of butter, softened  
salt & pepper to taste

Heat grill, season trout with salt and pepper. Grill fish with flesh side down. In a sauce pan, heat clarified butter, sweat garlic and shallots, and add corn and soy beans. Add wine and reduce until almost dry. Add cream, thyme, tomatoes, and reduce. Season with salt and pepper to taste. Remove from heat and whisk in butter. Place fillets on plates and coat with succotash.