

Shenandoah Vineyards

TROUT POACHED IN SHENADOAH SAUVIGNON BLANC

2 - 1 lb. to 2 lb. trout
1 cup **Shenandoah Vineyards Sauvignon Blanc**
1 Tbsp. lemon juice
Salt and fresh ground pepper to taste
2 sprigs parsley
2 Tbsp. finely chopped shallots
2 Tbsp. butter

Clean, fillet and skin the trout, reserving the bones and skin. Place bones, skin, Shenandoah Vineyards Sauvignon Blanc, lemon juice, salt, pepper and parsley in a pan and simmer gently at least 25 minutes. Strain and reserve the liquid. Preheat the oven to 350°. Sprinkle half the shallots in the bottom of a buttered small shallow baking dish. Arrange the fillets on top, slightly overlapping, and season with salt and pepper. Sprinkle the remaining shallots over the fish and dot with butter. Pour the reserved wine stock over all, cover tightly and bake 15 minutes, or until the fish flakes easily.

Makes 4 servings.

Recipe by Julie Smith