



SEASONAL
LIVING®

Wood-Fired Wisconsin Trout

with Brown Butter, Wild Mushrooms,
Sweet Corn & Sage

Serves 8 • Main Course



AUTUMN



MAIN
COURSE



PREP
25 MIN
+ MARINATE



COOK
45–55 MIN



WOOD OVEN /
CONVENTIONAL OVEN
425°F / 220°C

Designed for indoor–outdoor gathering.



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Ingredients

- 1 whole trout, about 2½–3 lb, butterflied (ask your fishmonger)
- 2 Tbsp olive oil
- Kosher salt and freshly ground black pepper
- 2 lemons, thinly sliced
- 4 Tbsp unsalted butter, divided
- 1 Tbsp extra virgin olive oil
- 1½ lb mixed wild mushrooms (such as cremini, shiitake, hen-of-the-woods), sliced
- 4 ears sweet corn, husked and cut into 1½-inch rounds
- 2 garlic cloves, thinly sliced
- 2 Tbsp fresh sage leaves, plus more for garnish
- ¼ cup dry white wine or apple cider
- Zest of 1 lemon
- 2 Tbsp chopped toasted hazelnuts (optional)

Method

- Heat the Oven** Build a small, clean-burning fire with well-seasoned hardwood—applewood with oak or maple is ideal for delicate fish. Let the oven heat to 425°F / 220°C on the oven floor with a bed of glowing embers to one side.
- Prepare the Trout** Pat trout dry. Rub inside and out with olive oil and season generously with salt and pepper. Stuff cavity with lemon slices and a few sage leaves.
- Roast the Vegetables** In a large cast-iron casserole or braiser, toss mushrooms and corn with 2 Tbsp olive oil, garlic, salt and pepper. Place in the oven near the embers and roast for 12–15 minutes, until beginning to brown.
- Cook the Trout** Nestle the trout on top of the vegetables. Return the pan to the oven (not too close to the flame). Roast 18–22 minutes, until flesh flakes easily and reaches 135°F / 57°C.
- Brown Butter & Finish** While the trout cooks, melt remaining 4 Tbsp butter in a small saucepan over medium heat. Add sage and cook until butter is nutty and golden. Add wine or cider and lemon zest.
- Serve** Spoon brown butter sauce over the trout. Scatter with sage leaves and toasted hazelnuts. Serve straight from the cast-iron pan.



KEY INGREDIENT

Wild Wisconsin trout—fresh, mild and delicate; wood-roasting enhances natural sweetness.



GARNISH

Crisp sage leaves and toasted hazelnuts.



PAIRS WELL WITH

Crisp white wine, light rosé or a simple herbed grain salad.



WINE PAIRINGS

Chardonnay, Willamette Valley — serve lightly chilled, 50–55°F.