



Seared Rainbow Trout with Potato Leek Puree

Ingredients:

!Potato Leek Puree:

4 ea Diced peeled Yukon gold

1 ea Leeks (whites only, quartered)

1 sprig Thyme (sachet)

2 Tblsp Extra Virgin Olive Oil

!To finish:

Watercrest (Wild and Hyrdo)

Sturchium

Trout

00 A/P Flour

Toasted Pine Nuts

Butter

Olive Oil

Lemon Juice

Balsamic Vinegar

Directions:

Bring first 4 ingredients, covered in water, to boil in a pot. Season with salt and cook until potatoes are "fork tender" but not falling apart. Strain, and reserve some of the cooking liquid. Pass through a ricer (leeks will not go through but the essence will go through). Fold in 2 Tblsp of extra virgin olive oil. Use reserved cooking liquid if needed to get proper consistency. Season Salt and a touch of white pepper to taste.

!Season trout with salt and pepper to taste and dust the skin side lightly with 00 A/P flour. sear on skin side in canola oil over medium high heat. Then flip and remove after cooked just 10 seconds on skin side. To finish, brown, butter and add toasted pine nuts, finish with ¼ wedge of lemon juice and ¼ tsp of balsamic vinegar. Place puree on center of plate and arrange fish on top. Place brown butter and pine nut mix on top of fish. Mix watercrest and sturcium leaves with olive oil, lemon juice and season. Place watercress on fish. Substitute Brown Butter with Olive oil as an option.