

Pan-fried Trout

peas, asparagus, grated pickled egg yolk, morels, baby carrot

serves 2

x2 150g trout fillets
10g salsiccia sausage
10g dried morels
6 baby carrots
8 white asparagus spears
50g butter
200g green peas (frozen)
100ml whipping cream
olive oil
rosemary
1 clove garlic, sliced
1 shallot, sliced

pickled egg yolk

2 egg yolk
200g salt
50g sugar
zest of 1 lemon

Pickle the egg yolk 7 days in advance by combining the salt, sugar and lemon zest in an airtight container. Place the egg yolk in the mixture and seal. Keep refrigerated; turn the egg yolk after 3 days.

Prepare the oven to 180°C. Cut the sausage into 2mm slice and bake on parchment paper on a tray for 10 minutes. Meanwhile soak the morels in water.

Peel the carrots and asparagus. Blanch for 5 minutes, then immerse in iced water in an ice bath to stop the cooking process. When completely cool drain on a towel-lined plate.

Melt the butter in a pan and fry the peas, then add the whipping cream and boil for 2 minutes. Strain and blend the peas to a smooth cream.

Preheat a pan with olive oil to medium heat. Fry the trout skin side down until crispy, towards the end adding a spoon of butter and the rosemary, garlic and shallot. Baste until the flesh is translucent then rest in a warm place.

Reheat the pea cream, add a little butter and season with salt, sugar and a dash of lemon juice. Sauté the vegetables and drained morels in butter and season. Grate the pickled egg yolk over the fish and season with sea salt.

The Dining Room at Trout Point Lodge of Nova Scotia
East Kemptville, Nova Scotia, Canada



Chef: Andreas Preuss