

Trout Fillet For Two, with Corn & Orzo



The secret to this recipe is to use local trout and corn available in late summer. We serve it with roasted beets. You can go “gluten free” by using rice flour and omitting the orzo.

Ingredients:

2	5 oz. trout fillets, bones removed and skin on
1 oz	fresh tarragon, chopped
1 Tbsp	fresh garlic, minced
2 oz	dry white wine
1 tsp	salt
½ cup	all purpose flour
¼ cup	coarse cornmeal
1 tsp	paprika
2 oz	bacon fat (traditional) or olive oil

METHOD:

- Combine tarragon with garlic and wine to make marinade, pour over fish and let marinate for 20 minutes.
- To make crust, combine salt, flour, cornmeal and paprika.
- Pre-heat a non stick or cast iron frying pan over medium heat, add bacon fat or olive oil.
- Pat fish dry and coat with cornmeal mixture.
- Fry approximately 3 minutes per side until golden brown and just cooked.
- Remove and pat dry.

Corn with Orzo Ingredients:

½ cup	cooked orzo pasta (al dente)
1	fresh Peaches & Cream local corn cob
½	red pepper, seeds and stem removed
1 oz	unsalted butter
1 Tbsp	fresh mint, chopped
Pinch	salt

METHOD:

- Steam or boil the corn for 6 minutes, cool and cut kernels off the cob.
- Grill the red pepper, skin side down, until skin has blackened. Cool, peel off blackened skin, and dice ¼”.
- In a sauté or non stick frying pan, melt butter over medium heat.
- Add corn, pepper and orzo.
- Sauté until hot throughout, add fresh mint and season with salt.

TO SERVE:

Place half the corn and orzo onto the centre of the plate.
Cut fish into two and place on top of the corn and orzo.
Bon Appetit!