



### FILLET O' TROUT

As with a lot of our dishes, we like to take inspiration from pop culture or popular fast-food dishes. This beautiful fish course is a playful iteration of a fried fish sandwich, or the Fillet O' Fish! We use the same components found in the popular sandwich but decided to pan sear trout fillets and serve them on a bed of charred romaine hearts.

Serves 4

Prep Time: 10 minutes

Cook Time: 10 minutes

### INGREDIENTS

#### **FILLET O' TROUT**

4 fillets of Ontario rainbow trout, about 5 oz each  
 2 heads of romaine lettuce, cut in half lengthwise  
 1 wedge cheese of your choice (we use an Ontario sheep's milk Toscana)

3 tablespoons canola/vegetable oil  
 Salt and pepper for seasoning

1. Pat dry both sides of the trout fillet with a paper towel. Season both sides generously with salt.
2. Preheat a large non-stick frying pan over medium high heat.
3. Add 2 tablespoons of oil.
4. Once oil is hot, about 30 seconds, carefully add trout fillets skin side down.
5. Sear fillets until they cook 75% of the way through and the skin is crispy, about 3-4 minutes.
6. Using a spatula gently flip each fillet to cook for 1-2 additional minutes.
7. Remove from the pan and keep warm until ready to serve.
8. Using the same pan, return to heat and add the remaining 1 tablespoon of oil.
9. Add romaine lettuce cut side down to the pan and sear until wilted and golden brown, about 2-3 minutes. Season with salt and pepper
10. Remove from the pan and divide, serving 1 half of romaine per plate.
11. Serve one trout fillet on top of each romaine half and spoon on one dollop of gribiche (recipe below) onto each plate.
12. Shave or grate Toscana cheese to garnish.



## INGREDIENTS

### R+O SAUCE GRIBICHE

¼ cup mayonnaise, we use our homemade aioli  
 2 dill pickles, finely diced  
 1-2 tablespoon of dill pickle liquid  
 2 eggs, hard boiled, finely diced

2 tablespoons fresh dill, finely chopped  
 2 tablespoon fresh parsley, finely chopped  
 2 tsp Dijon mustard  
 Salt and pepper for seasoning

1. In a small mixing bowl add mayonnaise, dill pickles, dill, parsley, egg, and Dijon mustard.
2. Mix until fully combined. Gradually add the pickle liquid until a sauce consistency is achieved. Keep refrigerated until ready to use.

## TO MAKE WITH US

### Tools:

Microplane/grater/peeler  
 Flat metal or rubber spatula  
 Tongs

2 large frying pans  
 Small mixing bowl

### Suggested Wines:

Huff Estates 2019 Catharine's South Bay Chardonnay  
 Adamo Estate Winery 2017 Wismer Foxcroft Chardonnay  
 Honsberger Estate Winery 2020 Chardonnay Musqué