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Rainbow Trout with Wild Mushroom Ragout

- 2 skinless trout fillets (~8-10oz each)
- 1 ½ t black pepper
- Olive oil
- 2 cup Wild Mushrooms (e.g. Shitake, oyster)
portabellas can be substituted
- 2-4 T Butter
- 4 t finely chopped shallots
- 2 t roasted garlic puree
- 2 T Pancetta or cooked bacon (optional)
- 2 T pinenuts, toasted
- 2 t lemon juice
- 2 t of each: parsley, thyme, basil, chives

Rinse and pat dry the fresh Trout Fillets; Season with Salt & Black Pepper. In a side pan, sauté the mushrooms in Butter for 2-3 minutes over medium-high heat or until golden brown. Add shallots & garlic and sear for 15-25 seconds. Add remaining ingredients and hold at very low heat. Heat the non-stick pan for the fish with the olive oil. Sear the fillets for 2-3 minutes on each side until lightly browned. Do not overcook. When the flesh turns opaque, the fish are done. Place the mushroom ragout on a warm plate and top with the seared trout fillets. Serves great with asparagus. Enjoy!

Hints when cooking with fish:

- ✓ Prepare the rest of the meal before cooking the trout. It is the easiest & fastest to cook and therefore should be the last thing you do before enjoying your dinner.
- ✓ Preheat your dinner plates. Unlike other meats Trout and other fish are very delicate and do not hold their heat as long. Begin dining as they are coming out of the skillet.
- ✓ Domestic mushrooms may be substituted, but stick with deeper flavors: Portabella or Crimini.