

Crisp Trout Fillets with Lump Crab Cake, Grilled Asparagus & Sweet Corn Puree

Executive Chef Brian J. Alberg
The Red Lion Inn

2 12 oz. Rainbow Trout Fillets
8 Crabcakes (2 oz. each)
1 # Asparagus
1 C Corn Puree
Tomato Concassé
Chive Oil
Flour
Salt & Pepper
Olive Oil

Remove the head and tail from the trout and cut fillets on the half (width wise), yielding eight small fillets. Season fillets with salt and pepper. Dredge in flour and sear, skin side down, in hot oil for 3-5 minutes. Sear crabcakes in oil on both sides and place in warming oven. Asparagus may be pre-grilled and held at room temperature. Spread corn puree on bottom of plate and layer crabcake, trout, asparagus, crabcake, finishing with trout on top. Garnish with tomato concassé and chive oil. Serves four.

Crabcakes

1 Lemon, juiced
1 # Lump Crabmeat
6 White Bread, sliced
3 T Italian Parsley, chopped
4 T Butter, melted

Pulse bread in food processor. In bowl combine all ingredients and adjust to taste, more lemon juice may be needed. Form into 8, 2 oz patties.

Sweet Corn Puree

1 Onion, diced
6 Garlic cloves, chopped
10 Sweet Corn Ears, kernels only
1 stick Butter
½ C White Wine
1 C Cream

Sauté vegetables until soft, deglaze with wine and add cream, simmer 15 minutes. Puree and strain through china cup. Adjust consistency with vegetable stock or cream.

Chive Oil

1 oz Chives, fresh
½ C Olive Oil
Salt, pinch

Puree in blender for approximately one minute.

Tomato Concassé

2 Tomatoes, diced and seeded
2 T Olive Oil
Salt & Pepper

Combine all ingredients in bowl .

Asparagus

1 Asparagus, bunch
2 T Olive Oil
1 T Balsamic Vinegar
Salt & Pepper

Cut stems off asparagus. Toss asparagus with olive oil, balsamic vinegar and salt.