



RECIPE

PAN SEARED TROUT WITH CARROT AND GINGER PUREE

2 FILETS	TROUT	1/2 TSP	YELLOW ONION
10 OZ	CARROTS	2 OZ	YUZU
.5 OZ	FRESH GINGER	1 OZ	BASIL
2 OZ	BUTTER	4 OZ	EXTRA VIRGIN OLIVE OIL
2 OZ	HEAVY CREAM	1 OZ	SEASME OIL
3 TSP	GARLIC	1.5 LBS	FINGERLING POTATOES

METHOD

STEP 1 - Pan sear the trout in butter and oil (moderate to high heat).

STEP 2 - Cook carrot, ginger, garlic, and onion in heavy cream until soft.
Puree in blender.

STEP 3 - Blanch and shock basil blend with yuzu and oil.

STEP 4 - Cut fingerlings in half, long ways. Toss with sesame oil and roast in 350 degree oven until lightly brown.

STEP 5 - Salt and Pepper to taste.