



Poached Idaho Trout A La Nage

Source: Bob and Robin Young, Boise, Idaho

Adapted from: <http://hubertkeller.com/recipes/poached-branzino-la-nage/>

Servings: 2-3

Ingredients:

2 T Virgin olive oil

2 T unsalted Butter

2 sm Young leeks, finely sliced with some of the green

2 med Carrots, sliced on a bias, about $\frac{1}{4}$ inch thick

1 lg Red Onion, finely sliced

3 Celery stalks, finely sliced

1 bottle White wine, 750 ml. 2009 Wood River Cellars Chardonnay

$\frac{1}{4}$ c White vinegar

2 qts Water

1 Bouquet Garni (fresh thyme, bay leaf, parsley)

$\frac{1}{2}$ t Coriander seeds

1 $\frac{1}{2}$ lbs. Whole Idaho Trout, scaled

8 sm Sweet Potatoes, peeled and quartered and cooked in salted water

1 Lemon Juice, fresh squeezed

3 diced fresh Roma tomatoes

1 sm bunch fresh Chive minced

2 Whole lemon for garnish

Celtic Sea Salt and cracked Tellicherry Black Pepper corn

Directions: In a large, braising pan, heat the olive oil gently and over medium high heat add leeks, carrots, onions, celery and cook stirring until the vegetables are softened and onion is translucent, about 3 minutes.

Add the white wine, vinegar and water, bring to a simmer, and add the bouquet garni, coriander seeds, cracked black pepper and season with salt. Simmer for about 10 to 12 minutes until the liquid is nicely infused with all the vegetables and aromatics.

Very gently lower the whole Idaho trout, into the liquid and poach the fish for about 15 minutes. Turn off the heat and let the fish finishing from cooking.

Presentation: First remove and discard the bouquet garni. Using a slotted spoon, fish out some of the vegetables and build a bed, on a long and deep platter. Transfer the fish on top of the vegetables. Fish out the remaining vegetables and cover the fish partially. Ladle some of the reduced and thickened broth to make a nage over the trout.

Drizzle with the diced tomatoes, chives and the lemon juice. Optional, drizzle 2 tablespoons of virgin olives oil over the fish.

Garnish with the cooked sweet potatoes and half lemons. Serve immediately

Note: **Nage** is the term used in the USA for a flavored liquid used for poaching delicate foods, typically seafood. A traditional **nage** is a broth flavored with white wine, vegetables, and herbs, in which seafood is poached. The liquid is then reduced and thickened with cream and/or butter.