

Coharie Trout

Pan-fried trout filet and melted leeks, over samp succotash, and dressed with hickory nut-brown butter and pickled fennel

Pan-fried trout

3 tablespoons	grape seed oil
4ea	6oz filets trout
TT	fleur de sel
TT	cracked black pepper
Pinch	ground Tabasco chili powder
4 sprigs	chervil
½ teaspoon	pink peppercorns

Trout Method

- 1) Wipe the trout to dry and scale. Wash the trout in cold slightly salted water to remove any residue and remaining scales and pat dry. Fabricate trout filets and refrigerate or place over ice. Reserve trout bones to make a light fumet
- 2) Begin heating grape seed oil on medium high heat
- 3) Season flesh side with dried chili, fleur de sel, and ground pepper. Season skin-side with fleur de sel.
- 4) Begin cooking skin side down for approximately 3 minutes or until the skin is brown and crispy.
- 5) Turn trout over and cook for an additional minute on the flesh side and move to a warm plate lined with towels to remove excess oil and hold the fish for plating

Pickled Fennel

¾ cup	shaved fennel
1 tablespoon	shaved shallot
1 cup	champagne vinegar
¼ cup	water
2 tablespoons	Sugar

Pickled Fennel Method

- 1) Shave fennel and shallots the length of the bulbs with a vegetable peeler. Save vegetable scraps for fumet
- 2) Combine all ingredients and allow macerating for 5-10 minutes then removing vegetables and drain

*Must be done just prior to plate up

Samp succotash

¾ cup (7oz)	Samp kernels (cooked)
1/3 cup (1.25oz)	Haricot vert (bias)
½ cup (1.75oz)	Butternut squash (small dice)
1/4 cup (1.25oz)	sunchokes (small parisienne)
1-1/2 cup	Stock

1 ea	bouquet garni
TT	salt
TT	Pepper
¼ teaspoon	fresh thyme

Succotash Method

- 1) Soak samp kernels overnight
- 2) Prepare bouquet garni and heat water to cook samp kernels three-quarter, about 35 minutes.
- 3) In a shallow pan heat 1 cups of water and add blanched samp and cook until completely absorbed.
- 4) Add butternut squash and 1 cup of fumet and cook until the squash and samp are just tender, but still have a bite.
- 5) Add sunchoke and cook for an additional 2 minutes
- 6) Stir in blanched haricot vert and thyme and remove from heat and season with salt and pepper

Hickory nut brown butter

2 tablespoons	butter
3/4 tablespoons	cracked hickory nut

Hickory Nut Butter Method

- 1) Place two tablespoons of butter in a small sauce pan over medium heat. Stir, scraping down the sides with a rubber spatula, until the butter foam subsides and the butter begins to color.
- 2) Add the hickory nuts and continue cooking to obtain the proper color of the butter
- 3) To stop cooking, place pan on a cold surface or immerse the bottom of the pan in cold water

Tomber Leeks

1 cup	leeks (julienne)
1 tablespoons	butter
1 Tablespoons	fumet
TT	Fleur de sel
2 ea	thyme stems (reserved from thyme used in succotash)

Tomber leek Method

- 1) Gently warm the butter over low heat
- 2) Add leeks and sweat down until wilted
- 3) As butter is absorbed by the leeks, add small amounts of fumet and cook until the leeks are soft

Plating

- 1) Collect gently warmed plates
- 2) Lay down succotash slightly off center. Top with one cut from trout flesh side showing. Top with leeks, partially cover with the second cut of trout with the crispy skin side up, and brush with brown butter for a sheen. Garnish with pickled fennel and a sprig of chervil. Place 3-4 large chunks of the hickory nut in front of the fish and few crushed pink peppercorns. Drizzle hot brown butter over the garnish nuts and peppercorns. Wipe plates with acidulated water and serve immediately.

Nutrition Facts	
Serving Size 1 plate	
Amount Per Serving	
Calories 534	Calories from Fat 164
Total Fat 18.2g	
Saturated Fat 5.1g	
Trans Fat 0g	
Cholesterol 110.3mg	
Sodium 260.5mg	
Total Carbohydrate 49.9g	
Dietary Fiber 3.7g	
Sugars 2.2g	
Protein 41.4g	
* Percent Daily Values are based on a 2000 calorie diet.	
ALLERGENS: Milk, Fish, Tree Nuts	