

ONTARIO LAKE TROUT WITH PANZANELLA SALAD

SERVES 4

4 6 OZ. PORTIONS ONTARIO LAKE TROUT

FOR THE PANZANELLA (BREAD SALAD)

4 SLICES DAY-OLD BREAD, CRUST REMOVED, CUBED
3/4 CUP (150 ML) ROASTED EGGPLANT PURÉE (SEE BELOW)
2 ONTARIO SHALLOTS, PEELED
1 LARGE ONTARIO TOMATO, CORED AND DICED
2 TSP (10 ML) CHOPPED FRESH OREGANO
3-4 SPRIGS FRESH FLAT LEAF ONTARIO PARSLEY, WASHED, DRIED & LEAVES PICKED
1/4 CUP (50 ML) MOROCCAN SUN-DRIED OLIVES, PITTED AND CHOPPED
HALF ONTARIO GREENHOUSE CUCUMBER OR 2 SMALL CUCUMBERS, DICED
1 CUP (250 ML) WASHED ONTARIO SALAD GREENS, PREFERABLY ARUGULA
1 TBSP (15 ML) RED WINE VINEGAR
EXTRA VIRGIN OLIVE OIL
KOSHER SALT AND PEPPER

FOR THE EGGPLANT PURÉE

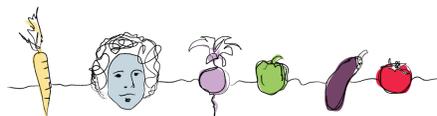
1 MEDIUM ONTARIO EGGPLANT
OLIVE OIL

METHOD

FOR THE PURÉE

1. USING A FORK, PIERCE THE EGGPLANTS ALL OVER. TOSS IN SOME OIL AND PLACE ON A BAKING SHEET AND BAKE AT 350°F (180°C) FOR ABOUT 45 MINUTES OR UNTIL EGGPLANTS ARE WRINKLED AND DEFLATED. ALLOW TO COOL.
2. WHEN EGGPLANTS ARE COOL ENOUGH TO HANDLE, CUT IN HALF AND USING A SPOON, SCRAPE OUT THE ROASTED FLESH. TAKING CARE TO DISCARD ANY SKIN. SEASON IN A BOWL WITH SOME SALT AND OLIVE OIL.

FOR THE PANZANELLA



1. TOSS THE SHALLOTS IN A SMALL AMOUNT OF OIL AND SEASON, WRAP IN FOIL AND ROAST IN A 350°F (180°C) OVEN UNTIL SOFT, ABOUT 30 MINUTES. AT THE SAME TIME, TOAST THE CUBED BREAD UNTIL GOLDEN.
2. DICE SHALLOTS WHEN COOL ENOUGH TO HANDLE.
3. ABOUT 15 MINUTES BEFORE SERVING, MIX ALL INGREDIENTS INCLUDING THE EGGPLANT PURÉE (EXCEPT FOR GREENS) WITH VINEGAR AND APPROXIMATELY 1/4 CUP (50 ML) OLIVE OIL. SEASON TO TASTE.
4. HEAT A HEAVY-BOTTOMED SKILLET OR CAST IRON PAN THAT WILL HOLD THE 4 PORTIONS OF FISH. ADD SOME OIL, SEASON TROUT. WHEN OIL BEGINS TO SMOKE PLACE TROUT SKIN SIDE DOWN. REDUCE HEAT TO MEDIUM LOW. WHEN EDGES TURN OPAQUE (ABOUT 5-6 MINUTES), GENTLY FLIP FISH ONTO FLESH SIDE AND COOK FOR ANOTHER 30 SECONDS. FISH SHOULD STILL BE PINK IN THE MIDDLE. DRAIN ON PAPER TOWELS.
5. BEFORE SERVING, TOSS GREENS INTO PANZANELLA. DIVIDE PANZANELLA AMONG FOUR PLATES AND PLACE THE TROUT ON TOP.

ENJOY!

NUTRITIONAL INFORMATION:

1 SERVING: PROTEIN: 40 GRAMS
 FAT: 26 GRAMS
 CARBOHYDRATE: 29 GRAMS
 CALORIES: 520
 FIBRE: 3 GRAMS

