

TROUT TARRAGON

In this recipe Chef teaches us to make a simple pan sauce. Sauté to develop fond (incredibly flavorful stuff stuck to the pan) add some aromatics, loosen fond with wine, reduce liquid over heat, finish with butter and fresh herb. For this recipe—tarragon!

by Corporate Chef Kurt Kwiatkowski

Featured Food: tarragon

Yield: Serves 4

Ingredients

4 T. extra-virgin olive oil, divided	½ c. diced tomatoes
4 (3 oz. each) filets of trout	1/4 t. hot red pepper flakes
½ c. sliced shallots or red onion	3 T. chopped fresh tarragon
3 garlic cloves, minced	6 T. cold butter, cut in chunks
½ c. white wine	Salt and pepper to taste
2 T. chopped walnuts	¼ c. shaved Parmesan cheese

Preparation

Heat 3 tablespoons of oil in a sauté pan over medium heat and cook each piece of fish for 4 minutes on the flesh side. Turn and continue cooking for 1 minute on the other side. Remove from pan and keep warm.

Heat 1 tablespoon of oil; add shallots and sauté for 2-3 minutes. Add garlic and sauté for an additional minute.

With the pan still over medium heat, deglaze the pan with white wine. Add walnuts and tomatoes. Let wine reduce by half. Then add pepper flakes into the sauce and remove from the heat. Add the tarragon and then slowly add chunks of the butter stirring to incorporate the butter until the sauce looks creamy. Taste and adjust salt and pepper as desired.

Place the fish filets on a platter. Pour the pan sauce evenly over each piece. Garnish with parmesan cheese. Serve and enjoy.