



Ocean Trout with Everything Green

A salute to Chef David Breeden's Applewood Smoked Trout with everything green

Citrus Cure:

1/4 cup salt
1/4 cup granulated sugar
1 teaspoon lemon zest
1 teaspoon lime zest
1 teaspoon orange zest
1 lb. 2 oz. ocean boneless, skinless trout
Cooking spray as desired
Smoked ground pepper as desired

Prepare Citrus Cure for Fish:

- In a small bowl, combine the salt and sugar; stir in lemon, lime, and orange zest; mix with hands to infuse the zest into the other ingredients.
- Season fish liberally on all sides with the cure.
- Set aside in the refrigerator for about 3 hours.

Cooking the Fish:

- Preheat oven to 275 degrees F.
- Remove fish from refrigerator and rinse the fish well in cold water; pat dry
- Cut filets into roughly 1 1/2 inch wide serving sized pieces.
- Line a grilling pan with foil; coat with cooking spray.
- Place fillets on the prepared pan, evenly spaced. Lightly sprinkle with smoked ground pepper.
- Cook fish in oven for 20 minutes or minimum of 130 degrees F. internal temperature. Cooking time will depend on the thickness of the fish.
- Test the fish for doneness and it should flake easily with a fork.
- Remove to serving platter. Serve with your favorite greens. Serves: 3 to 4
This dish can be served warm, room temperature, or slightly chilled.

Avocado Mousse

1 avocado

1/2 cup crème fraiche or plain yogurt

1 teaspoon lime juice

1/2 teaspoon salt

2 Tablespoons minced shallots

1/3 cup cilantro or parsley

- Remove avocado from shell; mash until smooth.
- Combine all remaining ingredients in mixing bowl. Blend until smooth;
- Serve with cooked trout

Assemble Platter

Arrange warm trout first and then artfully scatter the greens and apples around with and some other greens on a large platter. The avocado mousse can go between the greens or serve separately.

Greens you might like to use: thin green apple slices with a touch of lemon to prevent browning, fresh cucumber slices, green onions, watercress, cilantro, or microgreens, celery shoots, fennel fronds or even sea grapes if available. Serve with Avocado Mousse and any other green that tickles your fancy.

Finish with: a light drizzle olive oil, a sprinkle of flaky salt or a touch of smoked pepper. Make it a fun platter.

Cook's Note: Keep cured fish refrigerated; cook promptly after rinsing.

About the Recipe: This home adaptation salutes Chef David Breeden's Applewood Smoked Trout 'Chaud-Froid' with avocado mousse and cool green tones. A bright citrus cure and gentle oven cooking keep the ocean trout moist and flavorful, while a simple avocado mousse and a playful platter of fresh greens create a refreshing, celebratory dish. Have fun making it your own with your favorite green garnishes