

CARROT TOP GREMOLATA BAKED TROUT

with BUTTERED NOODLES

When you have super fresh-out of-the-fields carrots with greens that are aromatic and vibrant, make use of them in versions of pesto or herb oils or emulsions. They are best removed from the carrots and used within 48 hours as they will lose their flavor and become bland quickly. If they are left on for an extended period, the carrot tops will extract vital nutrients from the roots and result in a poorer quality carrot.

Gremolata is often served with braised meat such as Osso Bucco or lamb shanks, but the lemon zest also lends itself to seafood, and the substitution of ginger for the garlic that is commonly used gives this condiment a fresh update. Mincing the ginger with a knife instead of using a ginger grater or micro-plane yields a dryer result that is preferred for gremolata- the pinch of salt and the act of mixing with a fork is all that is needed to release the flavor combination.

INGREDIENTS

6 ounces Carrot tops,
about 1 bunch

3 ounces Spring Onions,
green parts only, about 3
or 4 each

1 Lemon, zested

1 ounce fresh Ginger,
about 1 inch cube

pinch of salt

4 x 5 ounce Steelhead
Trout portions, skin on

4 Tablespoons
Mayonnaise

1 pound cooked egg
noodles

4 Tablespoons Butter

DIRECTIONS

Wash carrot greens thoroughly and dry using a towel. Pick off the most tender greens discarding the stems. Use a large sharp knife to chop the greens into fine pieces (about 1 cup loosely packed) and transfer into a small bowl.

Slice green onion and then mince finely- there should be about ½ cup loosely packed. Peel and slice ginger thinly, stack the pieces and slice through to form strips, and then turn perpendicular to slice into fine squares.

Combine minced carrot & onion greens in a mixing bowl with zest and ginger, sprinkle in a pinch of salt and then mix thoroughly with a fork. Use immediately or cover and refrigerate for up to 2 days.

Pre heat oven 400F

Season trout with salt & pepper and place on a baking pan and spread up to 1 Tablespoon of mayonnaise on each fish fillet (you may only need a couple teaspoons) Sprinkle each fillet with about 2 Tablespoons of Gremolata.

Bake for approximately 10 minutes or until desired doneness. Meanwhile, heat butter in a large frying pan over medium heat and add noodles. Stir noodles for several minutes so that they are warmed through and then divide onto 4 plates. Use a spatula to serve trout on noodles and drizzle over any remaining butter.

Pair with a crisp new world Riesling or well-chilled Rosé.