

Recipe: Pan-Seared Trout

by Neal McLennan, Recipe from Marc-André Choquette of Tableau Bar Bistro in Vancouver's Loden Hotel



My first experience with Chef Marc-André Choquette was in 2005 when he stood shoulder to shoulder with Chef (and *Western Living* contributor) Rob Feenie as they took down Masaharu Morimoto on *Iron Chef*. He's now helming the newly launched Tableau Bar Bistro in Vancouver's swish Loden Hotel where he continues to show a deft touch with dishes like Pan-seared Trout: the perfect summer entrée. It has a few (simple) steps, but the end result is a show-stopper.

RECIPE

Pan-Seared Trout

(with warm raisin almond & quinoa salad,
grilled asparagus and sherry vinegar dressing)

INGREDIENTS

(Serves 4)

- ▶ 4 (5-6oz) trout fillets, skin on (Steelhead trout recommended but it also goes well with halibut and salmon)
- ▶ 16 pieces of asparagus

For the Quinoa salad:

- ▶ 4.5 ounces (125 grams) white quinoa
- ▶ 4.5 ounces (125 grams) red quinoa
- ▶ ½ bunch parsley (finely chopped)
- ▶ 4 pieces of green onion (minced)
- ▶ 1 ounce (25 grams) toasted almond
- ▶ 1 ounce (25 grams) currant raisins
- ▶ 5 teaspoons (25ml) lemon juice
- ▶ 5 teaspoons (25ml) olive oil
- ▶ Salt & pepper to taste

Sherry dressing:

- ▶ 6 teaspoons (30ml) sherry vinegar
- ▶ 3 teaspoons (15ml) dijon mustard
- ▶ 5 ounces (150ml) olive oil
- ▶ Salt & pepper to taste

DIRECTIONS

Step 1: the Quinoa salad

Rinse, then soak quinoa (a minimum of 15 minutes, but 60 is better). After soaking, rinse for two or three minutes in a fine strainer. Once rinsed, add one part quinoa to one and a quarter parts water. Bring to a simmer and then reduce to low. Cover and cook for between 30 and 35 minutes. Remove from heat and add all remaining ingredients. Let sit covered for an additional five minutes. Fluff and serve.

Step 2: the Asparagus

Count four asparagus spears per person, drizzle with olive oil, season with salt and pepper and grill until tender—about 3-5 minutes on a hot grill.

Step 3: Sherry dressing:

Mix together dijon mustard and sherry vinegar, while whisking slowly add olive oil seasoned with salt and pepper.

Step 4: Fish

Pan-sear the trout skin side down over medium heat for 8-10 minutes and flip to skinless side for one minute.

Step 5: Final assembly

Once trout is cooked, place it on top of three tablespoons of the quinoa salad slightly warm. Put grilled asparagus spears on the side. Drizzle some sherry and olive oil dressing on the fish and garnish with fresh parsley leaves.