

Queenston Heights Restaurant

RECIPE “ RAINBOW TROUT MOUSSE”

INGREDIENTS

YIELD: 6 Servings

1 lb	Rainbow Trout Fillets
2 Tbsp	Brandy
½ cup	Wild Rice, Cooked
½ cup	Egg Whites
½ tsp	Salt
¾ cup	Whipping Cream

METHOD

- ▶ Place Rainbow Trout into food processor and blend until smooth.
- ▶ Add the egg whites and blend until incorporated.
- ▶ Transfer the mixture to a bowl, cover and chill for 30 minutes.
- ▶ Stir in cream until incorporated. Add salt to taste.
- ▶ Add cooked wild rice and mix thoroughly.
- ▶ Using a plastic piping bag, pipe mousse into greased foil and form into a roll. Make sure the ends of the foil are tightly secured.
- ▶ Steam roll for about 20 minutes until cooked.

RECIPE “ PICKEREL FILLET”

INGREDIENTS

YIELD: 6 Servings

15 oz	Fresh Pickerel Fillet
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METHOD

- ▶ Cut pickerel into 6 equal pieces, leaving the skin on.
- ▶ Salt and pepper to taste.

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RECIPE “ BEURRE BLANC SAUCE, HINT OF VANILLA”

INGREDIENTS

YIELD: 6 Servings

1 cup	Dry White Wine
½ cup	White Wine Vinegar
1 Tbsp	Finely Chopped Shallot
1 lb	Unsalted Butter, Cold
1 Tbsp	Liquid Real Vanilla
To Taste	Kosher Salt

METHOD

- ▶ Heat wine, vinegar and shallots in a saucepan until the liquid boils.
- ▶ Lower the heat slightly and continue simmering until the liquid has reduced down to about 2 Tbsp. Approximately 10 minutes.
- ▶ While the liquid reduces, cut the butter into medium cubes (½ inch) and return to refrigerator to keep cold while liquid finishes reducing.
- ▶ When wine-vinegar mixture has reduced to 2 Tbsp, reduce the heat to low and start adding the cubes of butter, one at a time, and whisk rapidly with a wire whisk.
- ▶ As the butter melts and incorporates with the wine-vinegar mixture, add additional butter and continue whisking, until there are 2-3 butter cubes remaining.
- ▶ Remove saucepan from heat and add the remaining butter cubes and whisk for a moment or two until the finished sauce is thick and smooth.
- ▶ Season to taste with Kosher salt and vanilla.
- ▶ Traditionally, the shallots are strained out before serving, but this is optional.
- ▶ Next, pan fry pickerel until done.
- ▶ Cut one small round slice of the Rainbow Trout mousse.
- ▶ Dress the Pickerel on top of the Mousse and drizzle with the Beurre Blanc Sauce.
- ▶ Garnish with fresh dill or parsley.

Enjoy!

Chef Elbert Wiersema