

Trout with Pickled Chicken of the Woods



Ingredients

- 4 whole filets of rainbow trout, skin on, or another mild fish, pin boned and trimmed of fins, etc
- Kosher salt and fresh ground pepper, to taste
- Oil for sauteing, like grapeseed or canola
- 3 T unsalted butter
- 2 ounces slab bacon, diced 1/4 inch (optional)
- 2 cups fish stock, preferably made from the trout frames (chicken or vegetable stock can be substituted)
- 8 ounces kale, spinach, or another hardy green of your choice
- Wild rice flour, as needed for dredging (you can substitute another flour if you like)
- Youngest possible pickled chicken of the woods mushrooms, or another mushroom of your choice
- 2 T shallots, diced 1/8 inch

Info

- **Prep:** -
- **Cook:** -
- **Serves:** 4
- [Source](#)

★★★★★ from 1 votes

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Directions

1. Heat the oil and 1 tablespoon of the butter in a very large saute pan. - Season the trout filets with salt and pepper and dredge in the wild rice flour, tapping off any excess. When the fat is hot, put the filets, skin side down in the pan and cook until golden brown. Flip the filets over for just a second to finish cooking.
2. Meanwhile, start rendering the bacon in a pan on low heat until lightly browned. Add the kale to the pan, season lightly with salt and pepper and then cook, covered, until wilted, about 3-4 minutes. Add a shot of water to the pan before you cover it to speed the wilting process, and to prevent the leaves from burning.
3. To prepare the pickled chicken mushrooms, melt a tablespoon of butter in a 10 inch saute pan, add the shallots and cook until translucent and lightly browned, then add the stock and reduce by half, about 15 minutes on medium high heat. Add the pickled mushrooms and some of their pickling juice to taste. With the juice simmering, whisk in the butter and increase the heat slightly, stirring constantly and swirling the pan, which will cause the sauce to thicken and become glossy. When the sauce is thick enough to coat the back of a spoon lightly, double check the seasoning, then reserve until needed. Before saucing the plate, whisk the sauce and reheat to emulsify and thicken if needed.
4. To plate the dish, arrange some of the wilted greens and bacon evenly in the middle of four preheated dinner plates. Arrange two overlapping trout filets on each, then garnish with some of the mushrooms and sauce. Serve immediately.

[trout](#), [fish](#), [seafood](#), [tilapia](#), [bacon](#), [stock](#), [kale](#), [spinach](#), [mushrooms](#), [chicken of the woods](#), [shallots](#)

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