

Avocado Oil Seared Trout with Almond Carrot Puree, Roasted Cauliflower, Cherry Tomatoes, Kale and Blueberry Asian Pear Gremolata



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ingredients

Gremolata:

- 1 c Quaker Oats Old-Fashioned Oats
- 10 g orange zest
- ½ c orange juice
- 2 g lemon zest
- ¼ c lemon juice
- 3 g lime zest
- ¼ c lime juice
- 200 g Asian pear, 1/8" dice
- 312 g unsalted dry roast almonds, rough chop
- 12 g mint, chiffonade

Carrot Puree:

- 1 lb carrots, peeled and rough chopped
- ½ oz raw ginger, sliced thin
- 2 qt water
- 2 c unsweetened almond milk, slightly warmed
- 2 tbsp honey or agave
- 2 tsp no salt salt (potassium based salt)

Roasted Vegetables:

- 1 lb cauliflower
- 10 oz cherry tomatoes
- 70 g kale
- 1 tbsp garlic powder
- 1 tbsp onion powder
- ½ tsp red pepper flake
- 2 tsp no salt salt (potassium based salt)
- ¼ c avocado oil

Protein:

- 4 oz trout filet
- 1 tbsp avocado oil
- 1 tsp salt alternative (potassium based salt)
- ½ tsp pepper

instructions

For the gremolata:

1. Roast blueberries for 1 hour at 200 degrees
2. Mix oats and all citrus juice/zest
3. Let rest for 20 minutes
4. Add to blueberries on large sheet pan and bake for 1 hour or until all liquid is evaporated
5. Let oat mix cool then add in Asian pear, almonds and mint

For the carrot puree:

1. Simmer carrots in water until fork tender
2. Strain carrots and add to blender with warm almond milk.
3. Blend until smooth

For the roasted vegetables:

1. Mix all ingredients and roast at 350 degrees for 30 minutes

For the trout:

1. Heat pan to medium high heat
2. Add avocado Oil
3. Season trout then add to pan
4. Once golden brown sear is achieved flip trout and reduce heat
5. At low heat finish cooking trout to allow skin to crisp

by Donald Ivey