

POACHED TROUT WITH LIME MAYONNAISE

SOURCE: SAVEUR JULY/AUG/01

INGREDIENTS:

2 1-lb whole trout, cleaned
Salt & freshly ground black pepper
1 bunch fresh mint
2 C dry white wine
Leaves from 1 head Bibb lettuce, blanched
1 egg yolk
1 tsp Dijon mustard
3/4 C corn oil
Juice from 1 lime
Lime wedges (optional)

DIRECTIONS:

Preheat oven to 350° F. Place trout side by side in large baking dish. Generously season inside & out with salt & pepper, then stuff each cavity with half the mint. Add wine + enough water to reach half-way up the fish (about 2 C). Drape lettuce leaves over fish, covering them completely. Poach fish in oven till just cooked through (25-30 minutes).

Meanwhile, whisk together egg yolk & mustard in small bowl till thick. Add oil in slow, steady stream, whisking constantly till all oil has been absorbed. Add lime juice & season to taste with salt - cover with plastic wrap & set aside.

Using slotted spatula, carefully transfer fish to clean kitchen towel. Remove and discard heads, tails & mint - then bone fish, leaving filets intact. Transfer fish to platter & season to taste with salt & pepper. Serve with mayonnaise (& lime wedges, if you like).