



Seared Rainbow Trout with Hazelnuts and Wax Beans

Species

Rainbow trout

Supplier

Cold Water Fisheries Inc.,
compliments of Northern
Ontario Aquaculture
Association, ON

Pairing

Red Leaf Lager

Ingredients

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- 1 Rainbow trout
- 1 lb of yellow and green wax
beans
- 1 shallot
- ½ cup toasted hazelnuts
- ¼ cup heavy cream

Method

1. Bake the trout whole in a 350F oven for
10 – 12 minutes.
2. Finely dice the shallot and sweat in butter.
3. Boil the wax beans in plenty of boiling
salted water.
4. Drain and add to the shallot
5. Toss in the toasted hazelnuts and cream.
6. Bring to a boil until the cream coats the beans.
7. Season to taste and serve with the trout.

A collaboration between the Canadian Aquaculture Industry Alliance, Starfish Oyster Bed & Grill and Great Lakes Brewing in September 2009, the Farmed Seafood Extravaganza was a delicious way to showcase the quality, freshness and diversity of seafood farmed in Canadian waters. This gastronomic feast wouldn't have been possible without the support of dedicated growers and regional aquaculture associations across the country.