

Episode #26

Filetti di Trota alla Bellunese (Trout Filet "Bellunese" Style)

(Veneto)

Serves 4

Ingredients:

4 filets	trout; 200 gr. or 7 oz. each
4 Tbsp. or 45 ml.	extra virgin olive oil
1 Tbsp.	fresh thyme leave
3 Tbsp.	dry bread crumbs
	salt and pepper
2 medium	potatoes, peeled, cut in pcs. & boiled in salted water
3 Tbsp.	butter
½ cup or 125 ml.	milk
½	small Savoy cabbage; rib & leaf removed, finely chopped
250 gr. or ½ Lb.	mushroom mix: shitake, head only, slices Portobello, sliced, white mushroom, slices
3 Tbsp. or 45 ml.	extra virgin olive oil
1 clove	garlic, minced
½ cup or 125 ml.	35% cream
	-Salt and pepper

Method: Preheat oven at 375°F

1. Wash and dry the filet trout and place in a bowl. Season with olive oil, thyme, bread crumbs and salt and pepper. Mix ingredients well and place filet on a baking tray lined with parchment paper, set aside.
2. Drain the potatoes and reserve ½ cup of the cooking water. Mash the potatoes and add butter and milk. Adjust taste with salt and pepper. The potatoes should be very creamy and soft, if needed add some cooking water, then set aside and keep warm.
3. In a skillet over medium high heat, heat 3 tablespoons of extra virgin olive oil. Add the sliced cabbage. When the cabbage wilts add the mushroom and sauté until the liquid released by the mushroom and cabbage has evaporated. Add the 35% cream and garlic. Reduce to a creamy consistency and keep warm. Bake the filet of trout at the last minute.
5. **To serve:** Place the mashed potato on each plate and top with the trout filet. Cover with the mushroom and cabbage.

EVOO = Extra Virgin Olive Oil

