

CHEFS' SECRETS

Trout from Brannon's Café



PAT MOZERSKY

DEAR PAT: My husband and I live out of the state, and recently we stayed at the Westin La Cantera Resort. While we were there, we enjoyed a lovely dinner at its restaurant, Brannon's Café. I ordered the pan-roasted trout and it was served on a bed of beans and peas with crab they called "hash" and a spicy "coulis" sauce, and it was sensational. I'm hoping you can obtain the recipe. I'd love to try my hand at making this at home. Thank you.

— Cecilia G.

DEAR CECILIA: Chef

John Herdman's simply prepared fillet of steelhead trout is beautifully complemented by a truly heavenly hash made with a variety of beans and peas with fresh crab and a sweet and savory sauce (coulis) of strawberries and jalapeños. He serves this dish at Brannon's Café, the casual eatery at the Westin La Cantera Resort, 16641 La Cantera Parkway.

Steelhead trout is similar to salmon in color and texture, with orange flesh and edible skin. Because of its fat content, it's easy to cook and makes wonderful eating.

The blue fin crab hash is superb (I could just eat a bowl of that and be happy!), and you can use fresh or pasteurized crab. Just check it carefully for bits of shell. I used both

frozen peas and edamame with fine results. The juices are enriched with butter, making this a lush bed for the simply prepared trout.

Fresh strawberries cooked with a bit of sugar, piquant jalapeños, garlic and a sprig of fresh thyme get puréed to make the spunky sauce, or coulis, that's the finishing touch. Make the coulis before you prepare the fish and the hash, as it will not suffer from the wait.

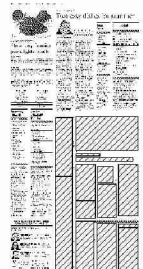
Although it may sound complicated, Herdman's dish is eminently doable at home, where you can once again enjoy a little taste of Texas.

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Chef John Herdman of Brannon's Café at the Westin La Cantera Resort has created a delicious pan-roasted trout dish.

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## Directions

**FOR TROUT:** Heat oven to 300 degrees. Heat an ovenproof sauté pan over medium to medium-high heat and add the canola oil.

Season the skin of the trout with salt and place skin side down on the hot pan. Sear for 3 minutes, until a brown crust forms around the edges.

Place the pan in the heated oven and bake 2 minutes; remove from oven and set aside to rest.

**FOR HASH:** In a second sauté pan, heat oil; add shallots and garlic and sauté briefly.

Add English peas and edamame and sauté for 2 minutes. Add sugar snap peas and crabmeat; cook for 2 minutes more. Add clam juice and bring to a simmer; reduce liquid by half.

Stir in butter, and continue stirring to blend butter with the juices.

Add tomatoes and spring onions and cook for 1 minute, just long enough to warm all the ingredients.

Season to taste with salt and sprinkle on cilantro.

**FOR STRAWBERRY AND JALAPEÑO COULIS:** Combine strawberries, water, sugar, jalapeños, garlic and thyme in a small saucepot. Bring to a simmer and allow the liquid to reduce by half, about 5 minutes.

Remove the thyme sprig and pour the mixture into a blender. Blend on high until mixture is smooth, adding small amounts of water if needed, to reach desired consistency.

Strain through a mesh strainer to remove any seeds. Makes about 1¾ cups. (The sauce can be made ahead.)

To serve, spoon the bean and crab hash onto the center of two warm plates. Top with seared trout. Drizzle the sauce around the fish and hash.

**FOR GARNISH:** Garnish with microgreens and slivers of jalapeño.

**Trout and Hash** make 2 servings, each 670 calories (57.8 percent calories from fat), 43 g fat, 250 mg cholesterol, 820 mg sodium, 19 g carbohydrates, 4 g dietary fiber, 52 g protein. **Coulis** makes 20 servings, each 20 calories (0.0 percent calories from fat), 0 g fat, 0 mg cholesterol, 10 mg sodium, 5 g carbohydrates, 1 g dietary fiber, 0 g protein.

## Pan-roasted Trout, Field Bean and Blue Crab Hash, South Texas Onion, Strawberry and Jalapeño Coulis

### Ingredients

#### Trout

- 2 tablespoons canola oil
- 2 (6-ounce) fillets steelhead trout, skin on
- Salt, to taste

#### Hash

- 1 tablespoon canola oil
- 2 tablespoons finely minced shallots

- 1 tablespoon finely minced garlic
- ½ cup fresh English peas, flash blanched and chilled in ice bath (if fresh peas are not available, frozen are fine, but there's no need to blanch them)
- ½ cup edamame (soy) beans
- ½ cup sugar snap peas
- ½ cup blue fin crabmeat, cleaned
- 1 cup clam juice
- 4 tablespoons butter
- ½ cup grape tomatoes
- ½ cup Texas spring onions, slivered on the bias
- Salt, to taste
- 4 teaspoons chopped cilantro

#### Strawberry and Jalapeño Coulis

- 20 strawberries, stemmed and cut in half
- 1 cup water
- ½ cup sugar
- 2 jalapeños, stemmed and seeded
- 1 clove garlic, cut in half
- 1 sprig fresh thyme

#### Garnish

- Microgreens, as needed
- Small slivers of jalapeño, as desired