



Julie Zyromski

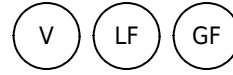
Laurentian Honey and Trout Rilette

Portions: 8

Preparation: 25 minutes

Cooking time: 15 minutes

8



Ingredients

2 trout fillets with skin on (about 500g)
1 tbsp (15 ml) salt • Pepper, as desired
2 tbsp (30 ml) liquid local honey (we love the spring honey from Anicet)
1 tbsp (15 ml) mustard seeds
2 tbsp (30 ml) mustard
2 tbsp (30 ml) chives or tarragon, finely chopped
2 small green onions, finely chopped
1/3 cup (80 ml) mayonnaise
Zest of two well-washed lemons
1/2 tsp (2.5 ml) Espelette pepper

Steps

1. Preheat the oven to 350°F with the rack in the middle.
2. Place the fillets on a baking sheet and brush with olive oil. Sprinkle with the salt and some pepper.
3. Cook for 15 to 20 minutes, until the centre is well cooked. Let cool completely.
4. In a bowl, mix the trout flesh with all other ingredients; mix well. Check seasoning.
5. Mix with a spoon to form a homogeneous terrine. Check the seasoning.
6. Transfer to a shallow bowl and refrigerate for at least 30 minutes, up to 48 hours.
Serve with olive oil croutons.