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| COURT BOUILLON | | | | | **NOTES:**  Bouqet garni = seasoning sachet  Parsley  Thyme  Peppercorn  bay leaf  Strained out after infused - before cooking fish |
| **Amt** | **Ingredient** | **Prep** | **TOOLS REQUIRED** | |
| 5L | *Water* |  |  |  |
| 3 cup | *Onion* | Thin slice |  |  |
| 1.5 cup | *White Wine Vin* |  |  |  |
| 2 cup | *Carrot* | Thin Slice |  |  |
| 1 | *Bouquet Garni* |  |  |  |
| 24 | *Peppercorns* |  |  |  |
| 5 Tbs | *Salt* |  |  |  |
| **METHODOLOGY**   * Combine water, onions, vinegar, carrot, bouquet garni, peppercorns and salt (all ingredients) in sauce pan. * Cover and bring to a boil – skim if necessary * Remove lid, reduce to simmer, continue at simmer uncovered 20-30 mins * Allow to settle/mellow 10-15 minutes before straining | | | | | |

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| POACHED TROUT | | | | | **NOTES:**  2 trouts - 4 sides = 12 pieces / portions |
| **Amt** | **Ingredient** | **Prep** | **TOOLS REQUIRED** | |
| 3 | *Trout fillet* |  |  |  |
| ~ 5L | *Court Bouillon* | Divided |  |  |
| t/t | *Maldon Salt* |  |  |  |
| **METHODOLOGY**   * Heat court bouillon in shallow pot – to 175F – bring fish from fridge to temper * Pat fish dry with white paper towel – season with salt * Carefully add to warm court bouillon – cook till just tender 2-7mins depending on size and more importantly thickness of fillet * Have all other components ready – to serve as soon as fish is cooked; maldon on top | | | | | |

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| BEURRE NOISETTE | | | | | **NOTES:** |
| **Amt** | **Ingredient** | **Prep** | **TOOLS REQUIRED** | |
| 2 cup | *Salted butter* |  |  |  |
| 2 Tbs | *Lemon Juice* | Strained |  |  |
| 2 Tbs | *Parsley* | Chopped |  |  |
| 2 Tbs | *Capers* | Drained |  |  |
| 2 Tbs | *Chive/Parsley* | Chopped |  |  |
| **METHODOLOGY**   * Beurre Noisette **should not be prepared in advance**; prepare only after the fish is near completely poached and ready for service * Gently heat saute pan on medium heat – when warming (**not yet hot**) add butter, cook over medium heat till foamy and lightly browned * Add lemon juice, parsley chives – serve immediately with/around/over fish | | | | | |