



"I care about the ingredients and the farmers and the fishermen, the shrimpers and the oystermen I grew up with; they are the heroes who have always shaped the rich, rainbow cooking of New Orleans."

J. B.



"Breaded" Speckled Trout

with Louisiana crab and sauce mousseline





“Breaded” Speckled Trout

with Louisiana crab and sauce mousseline – serves 6

Ingredients

For the trout

6 fillets Lake Pontchartrain trout,
8-10 oz. each, cut into two pieces

1 loaf Pullman bread

3 tablespoons fresh tarragon, chopped

4 tablespoons unsalted butter, softened

Salt to taste

For the hollandaise

1/2 cup clarified butter

1/2 cup brown clarified butter

4 egg yolks

4 tablespoons white wine reduction

4 teaspoons lemon juice

4 dashes Tabasco

1/2 teaspoon salt

For the plate

1 pound Louisiana jumbo lump crabmeat,
picked clean

1/2 cup red wine vinegar

1 cup extra virgin olive oil

1/2 teaspoon salt

1/2 teaspoon sugar

1 tablespoon chives, chopped

5 tablespoons butter

For the trout

Cut twelve 3/4” thick slices of the Pullman so that they are each large enough to cover the fillets. Using a rolling pin or a pasta machine, roll the bread until it is approximately 1/8” thick. Season the fish with salt and the chopped tarragon and spread half of the softened butter on the Pullman slices. Adhere one slice of the Pullman to each of the portions of fish by placing the buttered side to the fish. Turn the fillets over and trim the broche so that the edges are even with the fillets. Spread the remaining softened butter on the outside of the brioche and reserve in a cool place until ready to cook.

For the hollandaise

Using a double boiler, whisk all of the ingredients except the butters together until it reaches a heavy ribbon stage. Slowly add the butters while continuously whisking the egg yolks. When all butter has been added adjust the consistency with warm water. Season the hollandaise with salt, Tabasco, and lemon juice. Reserve in a warm area.

For the plate

Combine the red wine vinegar, olive oil, salt and sugar together in a mixing bowl whisking vigorously. Dress the crabmeat with the vinaigrette and fold in the chives. Reserve. In a large sauté pan on medium heat, melt a little of the butter and add the fish, bread side down. Allow to sear until bread has turned a nice golden brown, about 3 minutes. Turn the fish over and continue to brown the bottom side until fish has completely cooked all the way through. Place a spoonful of hollandaise on the bottom of a plate and top with two pieces of the cooked fish. Place a generous portion of crabmeat on top and enjoy.

Restaurant August

Chef Michael Gulotta

301 Tchoupitoulas Street, New Orleans, Louisiana 70130

Method

Restaurant August is Besh's flagship restaurant and home office, serving this community and tourists since 2001. This fine dining restaurant is located in a four-story “French-Creole” building from the 1800s in New Orleans' Central Business District. The dining room, with its delicate features, original architectural details and monumental floral arrangements, is the perfect setting for an extravagant dining experience.

