



MISO GLAZED STEELHEAD TROUT WITH SESAME RICE, QUICK PICKLED DAIKON RADISH AND BELL PEPPERS (SERVES 4)

RECIPE BY HELEN GOELET TO BE PAIRED WITH 2019 TRIAL SERIES CHARDONNAY

INGREDIENTS

- 4 - 8oz Steelhead trout fillets (or high-quality salmon if you can't get your hands on Steelhead)
- 4 tbsp miso paste (I prefer white but red is perfectly good too)
- 1/4 cup mirin
- 1/4 cup sake
- 1 cup rice vinegar (divided)
- 6 tbsp granulated sugar (divided)
- 1 ½ cup sushi rice
- 2 tbsp sesame seeds (black or white)
- 1 daikon radish
- 1 red bell pepper
- 3 green onions, finely chopped
- 1/4 cup finely chopped cilantro

INSTRUCTIONS

Bring sake and mirin to the boil. Add miso and whisk together off heat. Bring back to heat and add two tbsp rice vinegar and two tbsp sugar. Cook stirring constantly until sugar is dissolved. Cool before pouring over steelhead to marinate, preferably overnight, but for at least two hours.

Daikon radish can often be very thick. I recommend cutting your daikon into a 3inch piece, peeling the outside, and then cutting the daikon lengthwise into quarters. Once you have 4 long daikon quarters, cut them width wise into thin quarters. Place in a medium sized bowl. Thinly cut the red bell peppers lengthwise into strips and add to the bowl with radish. Bring ¾ cup rice vinegar, 4 tbsp sugar and 4 tsp water to the boil and immediately pour over radish and red bell peppers. Allow to cool before adding green onions and cilantro. Cool in the refrigerator.

Set your oven to 350°F.

Combine 1 ½ cups sushi rice with 2 cups water and rest for 20 minutes. Bring to a boil, cover and simmer for 12 minutes until all water is absorbed. Leave covered for another 10 minutes. Add remaining rice vinegar and sesame seeds and fluff with a fork until combined.

Meanwhile, bring an iron skillet or similarly heavy oven proof pan on the stove top over high heat. Add 2 tbsp oil before placing fish flesh side down for 2 minutes. The goal here is for the marinade to caramelize. Turn over the fish and place the pan into the oven to cook for another 5-7 minutes. If you prefer your trout or salmon on the less cooked side, remove from the oven after 5 minutes.

Serve trout over rice and garnish with quick pickled daikon and peppers.