



Better Than Ever Mini Trout Cakes

Citrus Herb Creme Fraiche

RECIPE COURTESY CHEF TAMIE COOK

SERVES 10 TO 12 AS AN APPETIZER

TENNESSEE  AQUARIUM

*Serve
it Up*

Trout Cakes

- 1 pound US farmed raised, boneless, skinless trout filets
- 1 tablespoon vegetable oil
- 1 small red bell pepper, diced small
- 1 garlic clove, minced
- 1 tablespoon minced shallot
- $\frac{3}{4}$ cup panko breadcrumbs
- 2 eggs, beaten
- Zest of 1 lemon
- 1 tablespoon finely chopped fresh basil
- 1 tablespoon finely chopped fresh dill
- 1 teaspoon kosher salt
- Non-stick cooking spray

Creme Fraiche:

- 1 cup creme fraiche
- Zest from 1 lemon
- 1 tablespoon chopped mixed soft herbs, dill, basil, parsley, cilantro, tarragon

For the trout cakes:

Place the trout fillets into the freezer for 15 to 20 minutes or until they begin to firm up but are not frozen.

In the meantime, place the oil in a small sauté pan and set over medium heat. Once the oil shimmers add the bell pepper, garlic, and shallot and cook until the onion is translucent, 2 to 3 minutes. Remove from the heat and set aside to cool slightly.