



## SMOKED TROUT SALAD, GARDEN GREENS, HARICOT VERTS & POTATOES

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**PAIR WITH: 2019 J.H. WHEELER ROSÉ**

**SERVES 2**

### **INGREDIENTS**

3 cups of mixed baby lettuces  
1 cup baby green beans, trimmed  
1 cup fingerling potatoes, cut into coins  
1 pound smoked trout or other hot smoked white fish, flaked apart  
2 TBSP brunoised shallot  
1 tsp Dijon mustard  
3 TBSP red wine vinegar  
¼ cup light olive oil  
Salt & pepper to taste

### **PREPARATION**

Clean the lettuces. I like to soak my lettuces in the salad spinner with a little ice water for 10-15 minutes before spinning. This makes them extra fresh and crunchy. Blanch the trimmed baby green beans in a pot of salted, boiling water for 2 minutes, drain and shock them into a bowl of ice water so they cool down quickly and stay nice and green with the perfect amount of crunch. Put the potato coins in a small sauce pot with cold water just to cover, add a sprinkle of salt, a few cracks of pepper and a sprig of thyme or oregano if you have it. Gently simmer until the coins are just cooked through, about 5 minutes. Drain and drizzle with a tsp of olive oil and let cool. For the dressing, whisk together the shallot, vinegar, Dijon mustard, salt and pepper until combined, then drizzle in the olive oil while whisking vigorously. It helps to use a large bowl for this so you have room for the dressing to splash around a little.

**To serve:** arrange the lettuces, green beans, potato coins and trout on each plate, drizzle with dressing and serve.