



Pan Seared Trout with Pomegranate Pumpkin Seed Vinaigrette

Makes 10 portions

Ingredients:

10 each Trout Fillets
To taste Salt and Pepper
1 oz. Olive Oil

Vinaigrette

1/3 cup Pomegranate Juice
1/3 cup White Balsamic Vinegar
1 tbsp. Fresh Lemon Juice
1 tsp. Lemon Zest
2 tbsp. Shallots – minced
1 tsp. Pumpkin Seed Oil
½ cup Extra Virgin Olive Oil
To taste Salt and Pepper
1/3 cup Toasted Pumpkin Seeds
¼ cup Pomegranate Kernels

Directions:

Pomegranate Pumpkin Seed Vinaigrette

In a bowl, combine the pomegranate juice, vinegar, lemon juice and zest, and shallots
Slowly whisk in the pumpkin seed and olive oil
Season with salt and pepper, add the toasted pumpkin seeds and pomegranate kernels.

Trout

Heat the olive oil in a sauté pan until smoking
Season the trout fillets with salt and pepper on both sides
Place the trout, skin side down in the hot oil. Lightly press the fillet to flatten.
Allow the fish to cook and the skin to crisp, flip the fish and complete cooking.
Remove the fish from the pan and place on the plate.
Top the fish with the vinaigrette.