



CONFIT ARDÈCHE TROUT WITH AUTUMN RISOTTO: CHANTERELLES, BUTTERNUT SQUASH, AND WALNUTS.

INGREDIENTS

- 4 trout fillets (or portions), deboned and skinless
- Salt and freshly ground black pepper
- Olive oil (enough for cooking)
- 200 g chanterelle mushrooms
- 300 g butternut squash, diced into brunoise
- 320 g Arborio rice (80 g per person)
- 1 onion
- 1 glass dry white wine
- Vegetable or chicken stock (or water)
- 1 knob of butter
- Grated Parmesan (to taste)
- A few crushed walnut halves
- Rocket leaves
- Fleur de sel



FOOD AND WINE PAIRING

RosOrange

RECIPE

Confit Trout

1. Season the trout fillets with salt and pepper.
2. Gently heat olive oil to 64°C, then remove from heat.
3. Carefully immerse the fillets in the warm oil and let confit for about 10 minutes, depending on thickness.
Julien's tip: pierce the flesh with a toothpick, if there's no resistance, the trout is perfectly cooked.
4. Drain the fillets before serving.

Garnishes

1. Chanterelles: clean thoroughly and sauté in a little olive oil until golden.
2. Butternut: cut into fine brunoise and sauté in butter; keep slightly crisp.



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RECIPE

Risotto

1. Sauté the chopped onion in a little olive oil.
2. Add the Arborio rice and toast for a few minutes.
3. Deglaze with white wine, then gradually add warm stock, stirring regularly.
4. Near the end of cooking, fold in the butter, Parmesan, chanterelles, butternut, and walnuts. Adjust seasoning.

Plating

1. Place a bed of risotto in the center of the plate.
2. Top with the confit trout fillet.
3. Garnish with rocket leaves, a drizzle of olive oil, and a pinch of fleur de sel to elevate the dish.



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