

Ontario Smoked Trout Salad, IP8 Vinaigrette, Fava + Shaved Fennel

Serves 6

INGREDIENTS

For the salad:

- 1 filet smoked trout, available at dish
- 1/4 fennel bulb, shaved on a mandoline
- 2 heirloom carrots, ribboned
- 1/2 cup pea shoots, more for garnish
- 1 cup fresh fava beans, shelled
- 4 cups arugula
- 2 tbsp fresh dill, chopped finely

Creamed Honey Aioli

- 3/4 cup mayonnaise
- 1 tbsp creamed honey, available at dish
- 2 tbsp lemon juice
- 1 tbsp finely chopped dill
- 1 clove of garlic, rasped
- salt & pepper to taste

For the Vinaigrette:

- 2 tsp fresh lemon juice
- 2 tbsp IP8 vinegar, available at dish
- 1 tsp Dijon mustard, available at dish
- 1 tsp honey
- 1 garlic clove, finely minced
- 1/2 cup extra-virgin olive oil
- Sea salt and freshly ground black pepper

METHOD

For the Vinaigrette:

1. Whisk lemon juice, Dijon mustard, honey, IP8 vinegar, and garlic in a medium bowl. Gradually whisk in olive oil. Season to taste with salt and pepper.

Honey Aioli

1. Combine all ingredients together and taste for seasoning, adjust with salt, lemon and/or honey as needed. Set aside for plating.

For the Salad:

1. Boil a pot of salted water and blanch the fava beans, drain in an ice bath to cool completely.
2. Toss all ingredients, except the smoked trout together in a large bowl. Dress with vinaigrette, and season to taste. Top with flaked smoked trout, with some aioli on the side and enjoy!