



LES STROUD'S
WILD HARVEST

Small Mouth Bass | Cattail Cream Leeks and Corn | Cattail Salad By Chef Paul Rogalski



Serves 4

Cooking over an open fire is simple, but you need to manage and leverage the heat of the fire effectively and be prepared to move quickly from one item to the next to get this dish just right. You will need a sturdy grill that is strong enough to handle the weight of a cast iron pan and can be set up directly over the fire. In this one-pan dish you'll be using the same pan to cook the bass and the sauce and will need a really hot fire.

A trick to this dish is cooking the bass fillet on one side only allowing the residual heat to finish the cooking process. The fish is so delicate that removing it from the pan takes a gentle and stable hand. When filming I placed the cooked filets on a warm, clean rock next to the fire to keep them warm while I made the sauce.

Cattail Salad

- 2 cattail hearts, thinly sliced
- 2 tablespoons of cider vinegar
- 2 tablespoons of olive oil
- A sprinkle of salt

The Bass & The Sauce

- 4 small mouth bass filets
- A sprinkle of salt
- 2 oz of canola oil
- 2 tablespoons of unsalted butter
- 2 or 3 sweet fern leaves
- 1/2 cup of leek, sliced
- 2 tablespoons of shallot, chopped
- 1 cup of white wine

- 2 cups of heavy cream, 35% butterfat or higher
- 1 cup of fresh corn kernels
- 2 teaspoons of cattail pollen
- A sprinkle of salt
- 1 green onion, cut thinly on a bias
- A sprinkle of sumac powder (optional)



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For the Cattail Salad: Mix ingredients together in a bowl, season to taste and set aside for future use.

For the Bass & Sauce: Season bass filets with salt. Preheat a cast iron pan until very hot, add oil and carefully add bass filets. Melt in butter and add sweet fern and baste the fish with both. Cook fish until bottom is slightly brown, carefully remove from pan, and store in a warm place while preparing sauce. Add the leek and shallot to the pan and sauté until both are soft. Pour in wine and cook for a minute or so, stirring to deglaze the pan. Add cream, bring to a simmer then stir in corn and cattail flour. Stir until somewhat thickened and season to taste.

To serve, spoon sauce on to your serving plate, add bass, cattail salad and chopped green onion. For additional tang and color, sprinkle with sumac powder (optional). Serve hot.