



LES STROUD'S
WILD HARVEST

Wild Ginger Glazed Trout | Spicy Sautéed Miner's Lettuce Stems By Chef Paul Rogalski



Serves 4

Wild Ginger Glaze

- 3 or 4 large cattail rhizomes
- 1 ½ cups of water
- 1 clove garlic, crushed and minced
- ¼ cup light soy sauce
- 1 cup wild ginger stems, coarsely chopped
- ¼ teaspoon chili pepper flakes
- 1 tablespoon brown sugar
- Sprinkle of salt

Steelhead Trout

- 1 oz vegetable or canola oil
- 4- 6 oz steelhead trout filets
- Sprinkle of salt
- 4 tablespoons Wild Ginger Glaze

Spicy Miner's Lettuce Stems

- 2-3 tablespoons of vegetable or canola oil
- 1 large shallot or small red onion, cut into slices
- 1 clove garlic, thinly sliced
- 8 cups Miner's Lettuce stems
- 1 teaspoon sambal oelek or similar style chili paste
- 3 tablespoons fermented fish sauce
- 3 tablespoons Wild Ginger Syrup
- Sprinkle of salt

For Wild Ginger Glaze: Make a cattail slurry by cutting cattail rhizomes in half lengthwise then, using a knife, scrape the fiber and starch from the inside and place in a sieve. Add water to a large bowl and submerge the basket of the sieve containing cattail fiber and starch in the water, scrubbing the cattail fiber until the starch releases in the water and only the fiber is left behind in the sieve. **The starchy water is what is needed for the next step.** Combine the starch water and the remaining ingredients in a small saucepan and bring to a simmer. Once sauce thickens, remove from heat and season with salt to your personal taste. Set aside for future use.



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For the Steelhead Trout: Preheat oven to 350°F. In a large thick non-stick frying pan such as a well-seasoned cast iron pan, heat oil over high heat. Sprinkle the steelhead trout with salt and carefully place in oil. Sear for one minute, then carefully turn over so the seared side is facing up. Remove from heat and place in the preheated oven. Cook for three to five minutes until the steelhead trout is firm to the touch. For serving, place each filet on an individual plate and dollop approximately 1 tablespoon of the wild ginger glaze on each.

For the Spicy Miner's Lettuce Stems: While the trout is cooking, preheat a large skillet over high heat. Add oil, then shallots or onions. Cook over high heat until they slightly brown, add garlic and continue cooking until the garlic browns slightly. Add the Miner's Lettuce and allow to slightly wilt.