



FENNEL DUSTED STEELHEAD

serve with saffron potatoes, snap peas, and virgin sauce

2 6oz portions of Lois Lake steelhead
30ml olive oil
fennel pollen dust
salt and pepper

Pre-heat oven temperature to 400°F (205°C). On a clean work surface, season fish with salt and pepper. Evenly distribute fennel dust on the flesh side of the steelhead. In a sauté pan on medium to high heat, add olive oil and allow to heat for about 30 seconds until hot, then sear steelhead, dust-side down, for 2–3 minutes. Immediately place in a baking pan, skin side down, and bake for 5–8 minutes. Remove from oven and set aside.

RED POTATOES

We've prepared these for you already. Reheat potatoes in microwave or oven just before serving.

SNAP PEAS

snap peas
15ml olive oil
salt and pepper

Meanwhile, in a sauté pan on medium to high heat, add 15mls of olive oil, add snap peas, season with salt and pepper as desired, and sauté for 1 minute. Place on top of potatoes on serving dish.



VIRGIN SAUCE

2 medium tomatoes, diced small
5 fresh basil leaves, chiffonade (sliced thinly)
1 clove garlic, minced
Juice of 1/4 lemon
60 ml extra virgin olive oil
salt and pepper

This sauce was Jean-Francis's gift to the Canadian West Coast. When he first arrived in Vancouver, he wanted to create a sauce that was representative of Provence. It contains all the "virgin" ingredients of the South of France, with extra virgin olive oil to bring out a delicious flavor. This light, fresh sauce is versatile, complementing any grilled fish or chicken dish. It can also be tossed in pasta or savored simply on a cracker for bruschetta.

In a bowl, mix all ingredients until well combined. Season with salt and pepper serve. Store leftovers in refrigerator for up to 3 days.