

**This recipe was created especially for La Vida Loca Winery  
by Chef Cody James of Manhattan Catering LLC.**

# Fresh Lake Trout & Salmon Mousse Roll

Served with La Vida Loca Winery Garlic Wine Beurre Blanc  
To serve 4

## **Ingredients:**

Four 6 oz. skinless fresh lake trout filets  
12 oz. fresh salmon without skin  
3 shallots, minced  
4-6 oz. unseasoned bread crumbs  
2 egg yolks  
4 Tbsp. melted butter  
Salt and fresh ground pepper to taste

## **Directions:**

### **To Make Mousse:**

Grind salmon in food processor until smooth. Add minced shallots and continue to pulse. Add egg yolks, continue to pulse, add 3 oz. of cream, continue to pulse, slowly incorporate cream, add 4 oz. bread crumbs and continue to pulse. If the mixture is not thick enough, add the rest of the bread crumbs. Add salt and fresh ground pepper to taste. Place mixture in a pastry bag with a tip.

### **Lake Trout Preparation:**

Preheat oven to 350°. Pipe or spoon salmon mousse onto center of trout filet skin side up. Roll filet tightly together but don't disperse the mousse. Put rolled trout filet open-end-down in baking dish. Drizzle with melted butter and bake at 350° for approximately 5 minutes, then turn oven temperature down to 300° and bake till mousse is firm to the touch (approximately 15 minutes).

## **Beurre Blanc (Butter Sauce)**

### **Ingredients:**

16 oz. La Vida Loca Garlic Wine  
8 oz. butter, cubed and softened  
4 oz. heavy whipping cream  
2 Tbsp. fresh lemon juice  
Pinch of parsley and basil  
Salt and fresh ground pepper to taste

### **Directions:**

Place wine in a heavy sauce pan and reduce to 4 oz. Add cream and reduce this to 4 oz. Add lemon juice. Remove from heat. Add the cubed butter and whisk until smooth. Add salt and fresh ground pepper to taste. Keep warm till serving. Right before serving, add the herbs. Serve Fresh Lake Trout and Salmon Mousse Roll over angel hair pasta or couscous pasta. Drizzle with Beurre blanc and serve with your choice of green vegetable.

