

Pancetta Seared Trout with Shiitake Mushrooms and Curried Butternut Squash Mash

Serves 2:

Ingredients

Butternut Squash Mash:

1 medium butternut squash
1 tablespoon unsalted butter, divided
1/4 teaspoon curry powder (or more to taste)
kosher salt and freshly ground black pepper

Pancetta Seared Trout:

olive oil
1/4 pound chunk of pancetta
1 large shallot
1/2 pound shiitake mushrooms
2 tablespoons parsley leaves
unsalted butter
1 pound trout fillets
kosher salt and freshly ground black pepper
1/4 cup flour
freshly squeezed lemon juice

Preparation

Preheat oven to 375 degrees.

Prepare the squash by first cutting it in half through the stem--use a large chef's knife or cleaver.

Use a large spoon to scoop out squash seeds and loose pulp in the center.

Place squash halves cut side down on an aluminum lined baking sheet and put pan in oven.

Roast for 30 minutes.

Remove pan from the oven and turn squash halves over.

Add 1/2 tablespoon butter to each half and season with kosher salt and freshly ground black pepper.

Sprinkle 1/4 teaspoon of curry over both halves of squash and place pan back in oven.

Continue roasting for another 15 minutes.

Finely dice a chunk of pancetta, stem and slice the shiitake mushrooms, mince the shallot.

Remove the parsley leaves from their stems and finely chop.

Over a medium low flame, heat a large skillet, preferably cast iron.

Add a tablespoon of olive oil and heat until shimmering; add the diced pancetta.
Raise the heat slightly and cook, stirring often, until nicely browned on all sides.
Using a slotted spoon, remove the pancetta from the pan and drain on paper towel.

Add minced shallot to the pan and sauté, stirring, until translucent and slightly golden.

Season the trout fillets with kosher salt and freshly ground black pepper and dredge lightly in flour.
Nestle the fillets, skin side down, in the pan along with the shallots.
Sauté over medium low heat for about 3 or 4 minutes.

In a medium skillet over medium low heat, melt a couple of teaspoons each of butter and olive oil.
Add sliced mushrooms and leave them to sauté.
Mushrooms will exude less juice and take on more flavor if they are mostly left alone.
Shake the pan once or twice just to even them out in the pan as they cook.
After 3 or 4 minutes, flip mushrooms in pan; season with kosher salt and freshly ground black pepper.
Let them sauté for another 3 or 4 minutes, until golden brown.

Turn the fish fillets over and let them sauté for another 3 or 4 minutes.
Carefully flip the fish back to skin side down.
To finish, add a couple of teaspoons of butter to the pan.
While the butter melts, top the fish with the mushroom slices.
Turn off the heat.

Remove the squash from the oven and let cool slightly.
Scoop the flesh from the two halves and place in a mixing bowl--be sure to capture all melted butter.
Use a potato masher to mash squash; season to taste with kosher salt and freshly ground black pepper.

Sprinkle the pancetta over the fish and garnish with the minced parsley leaves.
Drizzle fresh lemon juice over all.

To plate, place a mound of the buttercup squash mash on one side.
Drape trout fillets on top, spooning over pan juices and garnishing with pancetta and slices of shiitake.