

# Pea Tendril Salad with Smoked Trout and Pickled Shallot

Adapted from *bon appétit*

*Serves 2 to 4:*

## Ingredients

1/3 cup crème fraîche or sour cream  
2 tablespoons prepared horseradish  
kosher salt and freshly ground black pepper  
1 large shallot  
1 tablespoon white wine vinegar  
1/2 cup fresh or frozen peas  
4 ounces smoked trout fillet  
1 ripe avocado  
2 cups pea tendrils, shoots or watercress  
1 to 2 tablespoons neutral oil, like grapeseed  
fleur de sel, or sea salt and freshly cracked black pepper

## Preparation

In small bowl, stir together crème fraîche and horseradish.  
Season to taste with kosher salt and freshly ground black pepper; set aside.  
Thinly slice shallot and combine with white wine vinegar in a small bowl.  
Allow to sit and soften for at least 5 minutes, or up to an hour.  
Bring a small saucepan of water to the boil; add salt and the fresh peas.  
Bring back to a boil, reduce to a simmer and cook for 3 to 4 minutes, until tender to the bite.  
Drain and rinse with cold water.  
Pick trout flesh from its skin, removing any pin bones, and break into large chunks.  
Finely dice a ripe avocado.  
On a platter, lay out pea tendrils.  
Scatter peas and avocado on top; drizzle with grapeseed oil, fleur de sel and fresh cracked pepper.  
Nestle chunks of smoked trout in the salad and sprinkle pickled shallot, with some vinegar, over all.  
Spoon the horseradish crème fraîche on the side and serve immediately.

passioneats | 4.16.14

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