



Smoked Trout Brandade

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon chives snipped
- ☐ 3 large garlic cloves sliced
- ☐ 0.5 cup heavy cream
- ☐ 1.3 cups olive oil extra-virgin
- ☐ 6 servings salt and pepper white freshly ground
- ☐ 12 ounces trout smoked skinless flaked
- ☐ 2 pounds yukon gold potatoes

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ baking pan
- ☐ hand mixer
- ☐ slotted spoon
- ☐ potato ricer

Directions

- ☐ In a skillet, cook 1 cup of the oil and the garlic over low heat until the garlic is pale golden and softened, about 7 minutes. Using a slotted spoon, transfer the garlic to a bowl and mash with a fork.
- ☐ Let the oil cool slightly, then add the cream.
- ☐ In a saucepan, cover the potatoes with water and cook until tender, about 30 minutes.
- ☐ Let cool slightly, then peel the potatoes and pass them through a ricer or sieve. Alternatively, whip the potatoes with an electric mixer.
- ☐ Add the mashed garlic and the garlic-oil cream. Stir in the trout and season with salt and pepper.
- ☐ Preheat the oven to 35
- ☐ Spread the brandade in a shallow 1 1/2-quart baking dish. Make shallow depressions in the brandade and spoon the remaining 1/4 cup of oil into the depressions.
- ☐ Bake for about 15 minutes, or until heated through.
- ☐ Sprinkle with the chives and serve warm.
- ☐ Serve With: Garlic crackers, flatbreads, grissini and thick potato chips.
- ☐ Wine Recommendation: Stuckey: The 1996 Domaine Ostertag Barriques Pinot Gris from Alsace has the smoky notes you'd want to match the trout. But it's balanced by acidity, which stands up to the brandade's creaminess. Triffon: The refreshing zingy acidity of the 1998 Alan Scott Riesling from New Zealand can cut right through the brandade's rich smoky flavor.

Nutrition Facts



 **PROTEIN 17.5%**  **FAT 50.35%**  **CARBS 32.15%**

Properties

Glycemic Index:26.46, Glycemic Load:19.48, Inflammation Score:-5, Nutrition Score:19.157825926076%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 355.63kcal (17.78%), Fat: 20.1g (30.92%), Saturated Fat: 6.51g (40.68%), Carbohydrates: 28.87g (9.62%), Net Carbohydrates: 24.97g (9.08%), Sugar: 1.78g (1.98%), Cholesterol: 55.3mg (18.43%), Sodium: 44.46mg (1.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.71g (31.43%), Vitamin B12: 4.45µg (74.14%), Manganese: 0.83mg (41.35%), Vitamin C: 31.37mg (38.02%), Vitamin B6: 0.59mg (29.38%), Potassium: 869.11mg (24.83%), Phosphorus: 242.7mg (24.27%), Vitamin B1: 0.33mg (21.81%), Vitamin B3: 4.18mg (20.88%), Vitamin D: 2.53µg (16.86%), Vitamin B2: 0.28mg (16.32%), Vitamin B5: 1.61mg (16.09%), Fiber: 3.89g (15.58%), Copper: 0.3mg (14.78%), Iron: 2.42mg (13.44%), Magnesium: 51.02mg (12.76%), Selenium: 8.47µg (12.1%), Vitamin E: 1.61mg (10.73%), Vitamin K: 10.07µg (9.59%), Folate: 33.13µg (8.28%), Vitamin A: 348.79IU (6.98%), Calcium: 64.18mg (6.42%), Zinc: 0.9mg (6.02%)