

Root Vegetable Hash with Lake Herring

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Yield/Servings: Serves 1

Ingredients:

- 5-7 oz. Fresh lake herring fillet
- 2 oz. Butter, divided
- 2 oz. Rendered duck fat, divided

Vegetable hash:

- 1 oz. Cooked red beets, small dice
- 1 oz. Cooked gold beets, small dice
- 1 oz. Roasted sweet potato, small dice
- 1 oz. Cooked Yukon gold potato, small dice
- 1 oz. Red onion
- 1 oz. Apple (honey crisp), small dice
- 1 tsp. Garlic, minced
- 1/2 oz. Crushed hazelnuts
- 1 each Soft-boiled egg

Gastrique Sub:

- 2 oz. Cider vinegar
- 3 oz. Reduced apple cider
- 1 oz. Maple syrup
- 1/2 each Lemon zest



Instructions:

1. Boil or roast each root vegetable until fork-tender.
2. Remove skins, if desired.
3. Small dice root vegetables, set aside.
4. Small dice red onion, mince garlic and set aside.
5. Clean fresh herring, fillet, debone and slit skin side every 1/16 inch. Set aside.
6. Make gastrique sub recipe and set aside.
7. In sauté pan, melt half of the butter and half of the rendered duck fat.
8. Increase heat to 350 degrees or just below the flash point.
9. Gently place herring in pan, skin-side down.
10. Cook for 2-3 minutes and flip.
11. Turn off heat, set fish aside until plating.
12. In another sauté pan, add remaining butter and duck fat.
13. Once hot, add diced vegetables, onion and garlic.
14. Heat through, add salt and pepper to taste, toss gently, set aside and hold until plating.
15. Soft poach a medium egg.
16. To construct dish, place the hash in the center of the plate. Top with the herring fillet.
Top fish with the poached egg. Finish with cider gastrique, fresh dill sprigs, roe and candied berries.
17. Finish with (3 each) Dill sprigs, (2 tsp.) Roe or caviar, (4-6 each) Candied blueberries,
Salt and pepper to taste