



THE ingles TABLE

with Wesley Wright
Sunburst Trout

Shopping List

Chorizo Crabcakes

- 1 can Jumbo Lump Crabmeat
- .5 lbs chorizo sausage
- ½ cup breadcrumbs, Plain
- ½ bell pepper, chopped
- 1 stalk celery, chopped
- ½ red onion, chopped
- 3 cloves fresh garlic, minced
- ½ cup fresh cilantro, chopped
- ½ Tbsp Old Bay
- Salt TT
- 1 lemon, zested & juiced

Fresh Lemon Vinaigrette

- 1 cup Extra Virgin Olive Oil
- 1 lemon
- 2 tsp Lake Lure raw wildflower honey
- Salt and Pepper To Taste

Swiss Chard

- ½ bundle Swiss chard, trimmed
- ¼ cup Organic coconut oil
- 1 clove garlic, minced
- 1 Tbsp lemon vinaigrette

Fresh Goat Cheese Polenta

- 1 qt Chicken Broth or stock
- 1 cup Medium ground cornmeal
- 8oz Chèvre

Cooking Instructions

CHORIZO CRABCAKES

1) Saute peppers, celery, red onion on med high heat until lightly browned. Add chorizo and cook until done, chopping while cooking to get small fine pieces. Add garlic and saute for 30 seconds, immediately add lemon, stir, remove from heat. Chill until mixture reaches 40°F. Reserve half of the crabmeat, add remaining ingredients with other half of crabmeat except for breadcrumbs and mix well, leaving crabmeat in as many large pieces as possible. Add remaining crabmeat and breadcrumbs and mix together. This can be done a day or two ahead of time.

2) Form into 4 crabcakes. To cook, add 2 Tbsp organic coconut oil to a saute pan at slightly above medium heat, allow oil to heat up. Put some breadcrumbs on a plate and coat the top & bottom of the crabcakes. Place all 4 gently into the oil and allow to brown well on both sides.

FRESH LEMON VINAIGRETTE

3) Zest & juice one lemon. Add to olive oil with honey, mix and season to taste. Allow to sit for at least one day before serving. When ready to serve, shake vigorously for a loose vinaigrette.

SWISS CHARD

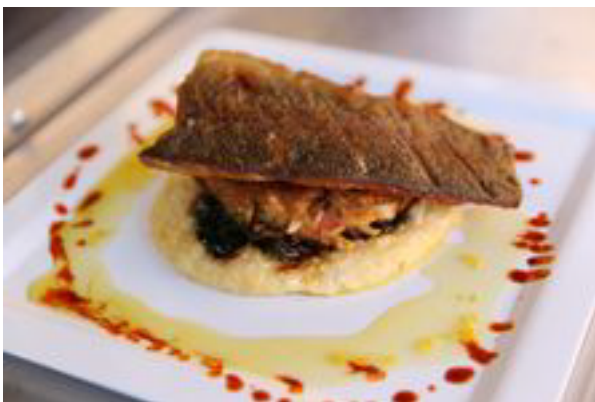
4) Heat oil on medium high heat in a large enough saute pan, add chard (careful for spatter) then cook for at least 1 minute, add garlic and cook for 30 seconds then add lemon vinaigrette. Cook for 1 minute then remove from heat and drain.

GOAT CHEESE POLENTA

5) Bring broth to a boil, add cornmeal and stir occasionally for 30 minutes. Add more stock if needed. When thick and grain is fully cooked, stir in goat cheese

TROUT

6) Season Trout with Kosher or sea salt and fresh ground black pepper. Bring a medium sized saute pan to med-high heat. Add 1 Tbsp cooking oil. Slow place the trout into the pan flesh side down and sear until lightly brown. Turn over and cook until the skin is crispy and light brown also, around 2 minutes.



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