



FRIED DIEFENBAKER TROUT WITH FRESH BASIL AND THAI CHILI SALSA

Ask your fish merchant to scale and bone, but leave whole, your fresh 1/2 pound rainbow trout or ask your favourite fisherman friends (like Ray from Boffins).

Basil Salsa

1 medium red onion (diced)
 4 large very ripe tomatoes (diced)
 4 Thai bird chilies or 2 ripe jalapenos (minced)
 1/4 cup of rice vinegar
 2 cloves of garlic (minced)
 1 tbsp of Worcestershire sauce
 1 tsp of sugar
 10 large basil leaves (finely chopped)
 salt and pepper to taste

Combine all ingredients in a glass or stainless steel bowl 1/2 hour before you need them.

Method

Deep-fry or panfry fish in a large high sided pan with at least one inch of oil at medium high heat. Fish will be a deep golden brown and will no longer easily give when you press on it. (roughly five minutes a side)

Arrange fish on a plate or platter on a bed of fresh greens and spoon your salsa over the centre of fish and dig in. Here it is served with sticky rice (sweet glutinous rice) and three sauces or dips. Green papaya and peanut sauce, sweet plum chili sauce and a chili garlic sambal. Thai Food is supposed to be a social affair so throw away the utensils, grab a spot on the floor and dig in.

This recipe courtesy Executive Chef Steve Driver and Sous Chef Rusty Penno from Boffins.

Boffins offers cooking classes to its members on a monthly basis. Classes range from themes such as Asian cuisine, East Indian cuisine and summer BBQing to bread making, soups and stews. Guests are taken through the process of preparing items from scratch with hands-on training.

Classes are both entertaining and informative, with on- and off-topic discussions featuring a wealth of knowledge and kitchen lore shared by both chefs and managers. The finale of the class comes when everyone is seated at a large table together and returns to the kitchen with plate in hand to sample the foods that have been prepared.

For schedules and costs contact Ray Dulos at 249-5344.

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