

SEA TROUT AND BULGAR TARTARE WITH PRESERVED LEMON SALSA AND JERUSALEM ARTICHOKE CHIPS

Prepared by: Louis Guerrieri, January 2019

Source: NOPI

TARTARE

1 ¾ oz bulgar

14 oz. skinless, boneless sea trout or salmon fillet, cut by hand into ½-inch dice

1 red chile, seeded and finely diced

4 small shallots, finely diced

½ teaspoon cumin seeds, toasted and finely ground

¾ teaspoon coriander seeds, toasted and finely ground

¾ teaspoon ground allspice

2 tablespoons olive oil

1 ½ tablespoons lemon juice

Coarse sea salt and black pepper

SALSA

2 ounces pitted green olives, coarsely chopped

2 small preserved lemons, flesh discarded and skin finely diced

⅓ ounce, finely chopped

3 tablespoons olive oil

JERUSALEM ARTICHOKE CHIPS

3 ½ oz Jerusalem artichokes, scrubbed well, thinly sliced with a mandoline and stored in water with 1 teaspoon lemon juice

1 ¼ cups sunflower oil

TO SERVE

1 tablespoon lime-infused olive oil or olive oil

To make tartare, rinse the bulgur well and place it in a small bowl. Cover with ⅓ cup of cold water and stir in ½ teaspoon of salt. Set aside for 30 minutes, until the liquid has been absorbed but the bulgur still has a bite. Drain any excess water and set aside to dry before transferring the bulgur to a large bowl along with the remaining tartare ingredients except the lemon juice. Add 1 teaspoon of salt and a good grind of black pepper. Mix well, cover, and store in the fridge until ready to use, but for no longer than 1 hour. Just before serving, stir in the lemon juice.

Place all the ingredients for the salsa in a small bowl with a grind of black pepper. Mix well and set aside.

Drain the Jerusalem artichokes and pat them dry very well with a clean kitchen towel. Pour the sunflower oil into a small saute pan and place over high heat. Once hot, add half the artichokes- you don't want to overcrowd the pan- and fry for 2 minutes, until golden brown and crisp. Transfer to a paper towel-lined plate, sprinkle lightly with salt, and set aside while you continue with the remaining batch.

To serve, place a 4-inch round cookie cutter 1 ¼ inches deep, in the center of each plate and spoon in the tartare. Remove the mold to leaves the tartare in a round shape and spoon the salsa on top or alongside. Place some Jerusalem artichoke chips on top of the tartare, finish with a drizzle of lime oil, and serve.

Louis's Notes: I subbed sockeye and rainbow trout for sea trout. I also subbed celery root for the jerusalem artichokes. I would make this again.

