

# Smoked Trout Dip with Pickled Red Onions and House-Made Potato Chips

Recipes courtesy of Cameron Mitchell Restaurants, presented by Jay Ingram

## Smoked Trout Dip

*Yield: 1 pound*

*Ingredients:*

1 lb. almond-smoked trout  
4 oz. mayonnaise  
1 orange  
1 lemon  
1 tsp. chopped parsley (*leaves only*)  
Kosher salt  
Fresh cracked black pepper

*Directions:*

Remove skin from smoked trout and break into pieces. Squeeze orange and lemon to produce the juice and remove seeds. Mix the citrus juices with mayonnaise and season with salt, pepper and parsley. Add trout and roughly mix until everything is incorporated. Hold aside until ready to use.

## House-Made Potato Chips

*Yield: 1 pound*

*Ingredients:*

4 pounds Idaho potatoes  
2 tsp. kosher salt  
2 Tbsp. distilled white vinegar  
Oil for frying (*peanut oil recommended if allergies are not a concern*)

*Directions:*

Add cold water to a large bowl and add the salt to create the brine solution. Wash and peel the potatoes. Then slice them very thin ( $\frac{1}{8}$  inch) using a mandolin slicer or knife. Place the slices in the cold water and soak for 15-20 minutes. This will remove the starch.

Fill a large pot halfway with water, add the distilled white vinegar, and bring to a boil. Next, boil the potato slices in batches for 3-4 minutes, stirring occasionally. After each batch is done, remove the slices and place on a paper towel-lined tray to dry. Repeat until all potatoes have been boiled.

Heat a pot of about 48 oz. of oil to 325° F (162° C.). Once heated, gently drop small batches of dried potato slices into the hot oil. Don't overcrowd them. Fry for 6-10 minutes until the bubbles subside and the potato slices are a nice blonde (*slightly brown*) color.

*(Removing the starch during the boiling process helps keep the chips blonde and not dark brown when frying. The sugars in the starch tend to burn easily in hot oil, which can cause the darker brown color.)*

Use a spider strainer or tongs to remove the chips and place on a paper towel-lined plate. Season and store in an airtight container or Ziploc bag for up to two weeks. You may reuse the oil to make more chips.

*Smoked Trout Dip with Pickled Red Onions  
and House-Made Potato Chips*

## Pickled Red Onions

*Yield: 4 oz.*

*Ingredients:*

- 4 oz. red onion
- 2 oz. red wine vinegar
- 1 Tbsp. sugar
- 1 tsp. kosher salt

*Directions:*

Dice one small red onion. Place vinegar, sugar and salt in a saucepan and bring to a simmer. Continue to whisk until all the sugar and salt have dissolved.

Place red onions in pan and remove from heat. Place in heat-proof container and allow it to cool to room temperature.

Once cooled, drain and use immediately, or place in an airtight container and refrigerate for later. These will last in the refrigerator for up to one week in the liquid.



## To serve:

*Ingredients:*

- 6 oz. smoked trout dip
- 2 lbs. house-made potato chips
- 1 oz. pickled red onions

*Directions:*

Place dip in a serving vessel. Garnish with pickled red onions. Serve chips on the side.

*Wine Pairing:*

**Bieler Père & Fils**  
**'Sabine' Rosé**  
Coteaux d'Aix-en-Provence

