



## Pan-seared Rainbow Trout with a Sweet Corn Succotash

- ï 4 Fillets of Ontario Rainbow Trout Fillets
- ï 2 cups White Corn
- ï 1 cup yellow corn
- ï 1 tsp chopped jalapenos
- ï 1 red bell pepper
- ï 1/2 bunch of cilantro (rinsed)
- ï 2 Shallot finely diced
- ï 1/4 cup wild ramps
- ï 1/4 cup sunflower oil
- ï Salt and Pepper to taste

1. Finely dice jalapenos, shallots and red bell pepper and set aside.
2. Chop Cilantro and set aside with ramps
3. Heat a pan and add half of the sunflower oil bring to a medium-high heat
4. Season Rainbow Trout on both sides with salt and pepper and place in pan, sear for two minutes on each side until golden brown and remove to rest.
5. In the same pan add remaining oil, and add in red pepper, ramps, shallot and sauté for three minutes. Add in white corn, yellow corn and jalapenos.
6. Remove from heat and toss in cilantro.
7. Plating: Place Succotash on bottom of the plate and place rainbow on top of succotash, garnish with lime, and cilantro

Brought to you by **Joseph Shawanda**

In the culinary field for over 25 years, Chef Joseph has been working hard at preserving Indigenous heritage through food. Alongside great chefs and foragers, Chef Joseph has dedicated his life to revitalizing Indigenous food processes and making this food accessible to a wider audience. Joseph is the Chair and founding member of ICAN: Indigenous Culinary of Associated Nations. He teaches at a college in Toronto and was the Head Judge for the IndigiChef competition at Summer Solstice Indigenous Festival in 2019.



613-838-5558

SUMMERSOLSTICEFESTIVALS.CA

