



Battered Trout

with Dill Bechamel Sauce

▶ SAHTU REGION



Photo: Patricia McNeely



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ABOUT THE CHEF

Patricia McNeely McNeely Gardens, Fort Good Hope, NT

Patricia and her family have been providing healthy local food through their gardens and greenhouse business for nearly ten years. They recently added their café where they serve homecooked meals to the community. She is passionate about celebrating local food and enjoys teaching others' as well as running their growing enterprise.

"In my home region of Sahtu, there is an abundance of food that we can harvest from the land, including animals, berries, and plants for food and medicine. We also can grow many different vegetables and gardening is becoming a popular activity for many families here. It is natural in our culture to share food; for example if a moose is harvested, it is shared among many families. This recipe's main protein is trout from Great Bear Lake; it was gifted to us from friends in Délı̨nę on a recent winter road trip. Most of the ingredients on this plate can be harvested or grown in my hometown of Fort Good Hope.

We own a small garden and shop in our hometown called McNeely Gardens and we offer home harvested meals such as this beautiful trout. Potatoes, beets, and dill are just some of the vegetables that are grown successfully here, so the recipe ideas for creating home grown food are endless!"



WHERE TO FIND LOCAL FOOD

Besides the incredible fishing on Great Bear Lake and purchasing produce and café meals from McNeely Gardens in Fort Good Hope, you can find produce in season from Sahtu Gardens in Norman Wells and at the fall farmers markets around the region.



RECIPE INSTRUCTIONS

- Trout fillets
- Egg wash
- Flour with seasoning salt
- Vegetable/canola oil
- Baby potatoes

Lightly dry off fish fillets with paper towels and cut into smaller portion sizes for even cooking. Mix egg with a little milk and mix well. Mix flour and seasoning salt. Heat oil in deep frypan to 375°F degrees. Dredge the trout fillets in the egg wash and flour and deep fry for about 2 minutes on each side. Boil baby potatoes until tender in salted water. Remove from water, and serve with a topping of dill bechamel sauce. The sauce goes well on the trout too. Serve with pickled beets.

BECHAMEL SAUCE:

- 4 tablespoon butter
- 2 tablespoon grated onion
- 2 tablespoon flour
- 1 cup chicken broth
- 1 cup half & half cream
- ½ teaspoon salt
- ¼ white pepper
- 2 teaspoon dill (fresh or dry)

Melt butter on medium heat, then add in flour, salt and pepper and dill. Add cold cream, cold chicken broth and stir well. Cook on medium heat, stirring constantly until it thickens. Remove from heat and enjoy.



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