

Smoked Trout Johnnycake Stacks

with vanilla citrus sauce

Johnnycakes, originally known as journeycakes, are a cornmeal flatbread credited to the American tribes of 1800s New England. Additional native ingredients—black beans and wild rice—layered with plentiful trout transform these crusty-outside, moist-inside cakes into a substantial course. If trout is unavailable, use another delicate smoked fish, such as gurnard or tarakihi. By substituting oil and water for the butter and milk, these Johnnycakes taste just as delicious and are gluten- and dairy-free.

GF SERVES 4			
VANILLA CITRUS SAUCE [MAKES ½ FL CUP/120 ML/4 FL OZ]			
egg yolk, large	1	30 ml	1 fl oz
garlic clove, minced	1		
lime juice	1 Tbsp	15 ml	½ fl oz
lime zest	½ tsp		
orange zest	1 tsp		
vanilla paste	½ tsp		
agave syrup or honey	2 tsp	10 ml	
grapeseed oil	½ fl cup	120 ml	4 fl oz
JOHNNYCAKE BATTER [MAKES ABOUT 12]			
fine cornmeal or masa harina	¾ cup	115 g	4 oz
fine sea salt	½ tsp		
brown sugar	1 Tbsp	15 g	½ oz
milk or water	1¼ fl cups	300 ml	10 fl oz
butter or vegetable oil	2 Tbsp	30 g	1 oz
black beans, cooked, drained	¾ cup	100 g	3½ oz
wild rice, cooked, drained	¾ cup	90 g	3 oz
red onion, minced (reserve a sprinkling for the garnish)	½	90 g	3 oz
hot sauce	1 tsp		
lime zest	1 tsp		
butter or vegetable oil, melted (for skillet)	¼ fl cup	60 ml	2 oz
TO SERVE			
smoked trout, gurnard or other delicate fish, in pieces	1 package	200 g	7 oz
microgreens such as micro coriander/cilantro or watercress	small handful		
red onion, diced			

Vanilla citrus sauce

In a small bowl, whisk yolk with a pinch of sea salt, garlic, lime juice, citrus zests, vanilla paste and agave until well blended.

Using a whisk or stick-blender, whisk egg mixture continuously, then drizzle oil in a slow, steady stream until sauce begins to come together and thicken. If too thick, whisk in an additional teaspoon of water until well combined. Cover and chill until ready to use.

Johnnycake batter

In a medium bowl, whisk cornmeal, salt and sugar.

In a small pot, heat milk and butter (or water and vegetable oil) to a simmer. Slowly pour milk mixture into the cornmeal, whisking to prevent lumps.

Combine beans, wild rice, onion, hot sauce and zest and gently fold into the batter. Cover and chill the batter for at least 1 hour (or up to a day), until just before serving.

Heat a heavy or cast-iron skillet over medium heat. Add a pat of butter and wait for the sizzle.

Using a tablespoon, spoon batter into the sizzling butter and cook until crisp and golden brown on one side. Gently turn over and repeat. Place Johnnycakes on baking tray in oven to keep warm while cooking the rest. Add additional butter or oil to pan as needed, making sure the pan doesn't get too hot or the fat will burn.

To serve

Place a Johnnycake on the plate, top with sauce then smoked fish and a sprinkling of microgreens. Stack layers 1 or 2 more times. Top the stack with more sauce and garnish with micro coriander and diced red onion. NM

