



www.ducktrap.com

Smoked Trout in a Cheese Custard

2 Ducktrap River smoked trout fillets
6 eggs
2 cups grated cheese (Swiss, muenster, etc.)
½ cup dry sherry
½ cup light cream
salt, white pepper and

Lay piece of smoked trout, skin removed, in the bottom of 10" or 12" unbaked pie shell. Blend together the remaining ingredients and pour over trout. Bake 10 minutes at 400°. Reduce oven to 325° and bake for 40 minutes. Serve hot or cold.



www.ducktrap.com

Smoked Trout Chowder

1/2 lb smoked bacon
4 Tbsp butter
2 medium onions
3 russet potatoes
3 cups fish stock
1 cup white wine
1 Tbsp fresh thyme
3 cups heavy cream
1 lb Ducktrap River smoked trout
2 Tbsp chopped parsley
Salt & pepper to taste
Pumpnickel croutons

In a large soup pot, cook the bacon over medium heat for 5 minutes. Add the onion and potatoes and cook 5 minutes more. Add the fish stock, white wine and thyme. Bring to a boil and then lower to a simmer. Cook until the potatoes are just tender (approx. 15 min) Add heavy cream and continue to simmer for 12 minutes. Add smoked trout and parsley and cook for 1 minute more. Spoon the chunks of trout, potato, and onion into bowls. Pour soup over and sprinkle with croutons.



www.ducktrap.com

Linguini with Smoked Trout and Pesto

Pesto:

4 cups basil leaves
1/4 cup pine nuts, toasted
4 cloves garlic
1 cup olive oil
1/4 cup Parmesan cheese
Salt & pepper

4 Ducktrap River trout fillets
1/2 lb linguini or whole wheat pasta cooked

Put garlic in food processor until finely chopped. Add the basil, pine nuts and 1/3 cup olive oil—process until just pureed. Add remaining oil, cheese, salt and pepper to taste and set aside. Cook the pasta as directed and while it is cooking, flake the smoked trout. When pasta is cooked, toss with pesto and trout. Serve with a sprinkle of grated Parmesan cheese on top of each dish. Serves 4



www.ducktrap.com

Smoked Trout Au Gratin

3 smoked trout fillets
5 medium sized potatoes
2 onions
1 cup grated Swiss cheese
1 1/2 cups bread crumbs
butter

Thinly slice potatoes and onions. Mince trout and place layers of potatoes, onions, and trout in a buttered casserole dish. Sprinkle last layer of potatoes with bread crumbs and dot with butter. Cover and bake at 350° for 45 minutes or until potatoes are done. Uncover and coat top with grated Swiss cheese and bread crumbs and broil until bubbly. Serves 4



www.ducktrap.com

Smoked Mackerel Tapenade

Serve this tasty Mediterranean spread on crisp toast or lightly toasted French bread.

1 lb. brine-cured Greek, French or Italian black olives, pitted
8 oz. Ducktrap River® smoked mackerel
1/2 cup drained capers
1 small garlic clove, chopped
1/2 cup extra-virgin olive oil
2 Tbsp brandy
1/4 bunch parsley

Combine all the ingredients in a food processor and pulse very briefly just until a coarse spread forms. The tapenade can be prepared up to 1 week ahead. Pack it in a container, pour a thin layer of olive oil on top and refrigerate. Bring to room temperature and stir before serving.

Recipe adapted from [Food & Wine Magazine](#)



www.ducktrap.com

Mackerel Vegetable Wrap

6oz reduced fat cream cheese
2 smoked Ducktrap River Mackerel fillets
1 shallot, cut into quarters
pinch of salt
1/4 tsp freshly ground black pepper
1 large wholegrain flatbread
1 cup loosely packed watercress
1 carrot, grated
3 slices avocado
2 button mushrooms, thinly sliced

In a food processor, combine the cream cheese, mackerel, shallot, salt & pepper. Pulse until smooth. Spread 1 to 2 tablespoons of the cream cheese over one side of the flatbread, then top with watercress, grated carrot, avocado slices and mushrooms. Carefully roll the flatbread and cut in two. Other ingredients to consider adding or substituting include black olives, roasted red peppers (be sure to pat dry with paper towels), marinated artichoke hearts or canned corn kernels.

Recipe from The Bangor Daily News



www.ducktrap.com

Peppered Mackerel Pasta

1 Tbsp butter
2 shallots, minced
zest from 1/2 lemon, julienned
1/2 cup white wine
1 1/2 cups light cream
1 red pepper
1 fennel bulb
1 can artichoke hearts
1 pkg. Ducktrap River® smoked peppered mackerel fillets
2 Tbsp. rinsed capers
chopped parsley
1 - lb linguine

Prepare a pot of salted boiling water for the pasta. In a large shallow pan, sauté the shallots and lemon zest in butter, just a minute or so, then add the white wine and reduce by half. Add the cream, turn the heat to low, and let simmer while you prepare the vegetables. Rough chop the red pepper and the fennel, toss with a little olive oil to coat, spread on a cookie sheet, and put under the broiler to roast. Stir frequently to keep from burning, they are done when soft and evenly roasted. Drain artichokes and set aside. Add the pasta to the water. When the pasta is ready, drain, and place in a large bowl. Crumble the mackerel fillets into the cream sauce, pour over the pasta, add the vegetables and toss everything together. Sprinkle with the chopped parsley and serve. Serves four.

Recipe submitted by Ducktrap River customer, Tim Gosnell, Otisfield, Maine



www.ducktrap.com

Mediterranean Mackerel Salad

1 pkg. Ducktrap River® smoked mackerel fillets (peppered or herbed)
1 can artichoke hearts, drained
1 bunch fresh spinach leaves
1 large ripe tomato, sliced thin
1/2 cup crumbled feta cheese
Balsamic vinegar salad dressing

If the artichoke hearts are whole, cut into halves or quarters. Wash the spinach leaves, and spin or pat dry. Skin the mackerel, and crumble into bite size chunks. Toss these ingredients with the tomato and the dressing, then sprinkle the crumbled feta on top, add a few twists of ground pepper and serve.