

Sunset

BACKYARD
MAKEOVER
BLOWOUT
57 WAYS TO
UPGRADE

LIVING IN THE WEST



SEE JAMIE LAUREN
COOK ONSTAGE
SUNDAY OF
SUNSET
CELEBRATION
WEEKEND
(Jun 6-7; sunset.com/cw)



Trout with sweet corn sauce

SERVES 2 TIME 40 minutes

Jamie Lauren cooks fresh summer corn two ways: in a creamy sauce and in an aromatic sauté with tarragon, both for crisp-skinned trout. This is our simplified version. Watch Lauren make the recipe with all its components at Sunset Celebration Weekend in June (info above).

- 1¼ cups fresh corn kernels (from 2 or 3 ears)
 - 1 tbsp. butter
 - ½ cup reduced-sodium chicken broth
 - 1 tbsp. whipping cream
 - About ½ tsp. kosher salt, divided
 - ¼ tsp. freshly ground black pepper, divided
 - 1 large whole trout (12 oz.), butterflied, with backbone, pin bones, and head removed
 - 2 tbsp. olive oil
 - 1 tbsp. coarsely chopped fresh tarragon, plus 2 tbsp. whole tarragon leaves
1. In a medium nonstick frying pan over medium-high heat, cook corn in butter,

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Chef Jamie Lauren

You've seen her on Bravo's *Top Chef*. Now, get this San Francisco chef's quick trout with fresh corn, summer cocktail tips, and her take on the West **BY ELAINE JOHNSON**

You've cooked in two culinary hot spots—one on the East Coast and one here in the West.

How does eating on the two coasts differ?

People in San Francisco are way more serious about food. In New York, they just want to have fun, rather than know where each particular piece of lettuce came from.

What are your favorite summer drinks?

A mojito, for one. You can put in fresh raspberries or huckleberries and muddle them with the mint. Jeff [Hollinger, general manager at San Francisco's Absinthe, where Lauren is executive chef] also taught me a drink with peaches, sage, and a little vodka, topped with sparkling wine.

What was a favorite dish of those you created on *Top Chef*?

Fried coconut- and oat-crusted shrimp (we had to work with oats, which was ridiculous), served on avocado crème fraîche with a nectarine salsa. And I did a chilled corn soup that Padma [Lakshmi, *Top Chef* host] said was her favorite dish of the whole season.

What's your go-to summer dish to throw together on a night off?

A beefsteak tomato salad with shaved red onion, Persian cucumber, a nice sherry vinegar, sheep feta cheese or Greek manouri, and fresh oregano.

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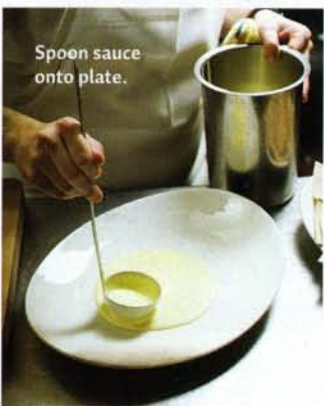
JUNE 2009



Sauté corn in butter.



Baste fish until browned.



Spoon sauce onto plate.



Top fish with corn.

“In summer, I love corn and tomatoes and stone fruits—cherries, nectarines, apricots, peaches. And English peas”

stirring often, until corn begins to turn brown, 2 to 3 minutes. Spoon $\frac{2}{3}$ cup into a small saucepan. Set aside frying pan with remaining corn.

2. Add broth to saucepan and bring to a boil over high heat. Lower heat and simmer, covered, until corn is tender, about 10 minutes. Purée mixture in a blender, then rub through a fine strainer into a microwave-safe bowl, discarding hulls. Stir in cream. Season with $\frac{1}{4}$ tsp. salt and $\frac{1}{8}$ tsp. pepper; set aside.

3. Open up trout and season on both sides with remaining $\frac{1}{4}$ tsp. salt and $\frac{1}{8}$ tsp. pepper. Heat the oil in a large nonstick frying pan over medium-high heat. Protecting hands, carefully add fish skin side down (it will spatter) and cook, occasionally basting flesh with oil, until skin is well browned and crisp, 3 to 4 minutes. Reduce heat to low and continue cooking and basting until flesh is no longer pink, 3 to 5 more minutes.

4. Rewarm corn kernels in frying pan over medium-high heat and stir in chopped tarragon. Microwave corn sauce to rewarm. Cut trout in half with scissors.

5. Spoon sauce onto 2 plates and arrange a trout half on each, discarding oil in pan. Mound corn on fish and scatter with tarragon leaves. Season with more salt to taste.

PER SERVING 376 CAL., 65% (243 CAL.) FROM FAT; 17 G. PROTEIN; 27 G FAT (8 G SAT.); 20 G CARBO (2.7 G FIBER); 540 MG SODIUM; 60 MG CHOL.

INFO Absinthe Brasserie & Bar (\$\$\$; closed Mon; 398 Hayes St., San Francisco; 415/551-1590) ■



WE LOVE FRESH CORN

More recipes at sunset.com/corn