

## Notes from the Streams



### Fishin' from the Kitchen

#### Rainbow Trout Pate

by Wayne Phillips

Amaze friends with a rainbow trout pate that is a snap to make.

##### Ingredients for four servings:

- 1 cup plain unsweetened yogurt
- 4 ounces rainbow trout
- 1 shallot, sliced
- 1 clove garlic, crushed
- ½ lemon, sliced
- ½ cup white wine
- 3 sprigs fresh thyme
- 5 black peppercorns
- 4 ounces cream cheese, at room temperature
- 1 shallot, finely minced
- 1 small garlic clove, minced
- Juice and zest of ½ lemon
- 1 tsp. fresh thyme leaves
- 2 Tbsp. butter
- Salt and white pepper to taste

##### Procedure

Place the rainbow trout, shallot, garlic, lemon slices, wine, thyme and black peppercorns in a sauté pan. When the ingredients begin to simmer, cover the pan. Simmer until trout is cooked through, about 5- to 7-minutes. Cool. Remove skin and bones from the trout. In a food processor, pulse cream cheese, shallot, garlic, lemon juice, thyme leaves, butter and lemon

zest. Add cooled trout and pulse until nearly smooth. Then, season with salt and white pepper to taste. Cool in the refrigerator overnight.

##### Serve

Allow the pate to stand at room temperature for 30 minutes. Serve with a crusty French baguette. For an added crunch, toast bread in the oven.

##### Hints

You may use leftover rainbow trout, but you must still poach it. If you enjoy a smoked flavor, feel free to use all smoked trout or half plain, half smoked. For a chunky pate, flake the trout with a fork and fold it into the cream cheese mixture. If you follow certain procedures, making fish pate is not difficult. Poaching the fish in a flavored liquid not only adds extra flavor, it also keeps the finished dish light. Using raw or left over fish that has not been poached causes the pate to be firm. Fresh dill or tarragon can



### Delaware River visitors

Many people say that the Delaware River is polluted, too polluted to restore shad and striped bass runs to their historical levels in the 1800s. This isn't the case. The Delaware River is in the midst of cleansing itself from toxins that were dumped into it during the 1990s. The variety of aquatic species both freshwater and saltwater that have made their way into the upper tidal limits is nothing short of astounding. Within the last four years, we have had visitors in the Lower Delaware that are not normally seen. In April 2005, a 12-foot beluga whale spent a week cruising back and forth between Burlington and Trenton feeding on the annual shad run before returning to the ocean. In June 2007, a 7-foot grey seal weighing approximately 200-pounds was spotted in the Delaware River near Fairless Hills. It was eventually rescued by marine biologists. In November 2008, a manatee estimated to weigh about 800-pounds was found dead along the banks in Bensalem. A week earlier, there were reports that this manatee was observed alive in the Philadelphia area. The cold water temperatures of the Delaware River in November eventually attacked the mammal's immune system. In January 2009, a harbor porpoise washed up on the banks of the Delaware close to where the Manatee was found. Some may call it coincidence, some may say they were just chasing a food source and some may say that these mammals simply got lost and wound up in the wrong river estuary. Whatever the reason, I wonder what will show up next.—  
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