



Servings 4

Prep Time 55 min

Cooking Time 5 min

## Vietnamese Style Lake Trout Salad



### Ingredients

1 cup rice or white vinegar

1 cup hot water

½ cup white sugar

4 cups julienned (cut into matchsticks) root vegetables (daikon radish, watermelon radish, carrot, turnip, red radish, rutabaga, parsnip, candy cane beet, golden beet, etc.)

⅓ English cucumber, julienned (cut into matchsticks)

Kosher salt

12 oz boneless, skinless lake trout fillet(s)

1 large mango, peeled and julienned

½ small red onion, sliced thinly

2 cloves garlic, minced

1-3 Thai red chilies, minced (1 for mild, 3 for spicy)

2 tablespoons white sugar

2 tablespoons fish sauce

2 limes, juiced

2 cups fresh herbs (cilantro, Thai basil, Italian basil, sawtooth herb, rau ram, mint, perilla, Vietnamese coriander, etc.), hand-torn

¼ cup store-bought crispy shallots (optional)

¼ cup roasted peanuts, chopped (optional)

### Directions

#### Step 1

Add vinegar, sugar, and hot water to a large bowl. Mix well until the sugar dissolves. Add the julienned root vegetables and toss in the liquid. Soak for 20-30 minutes. After 15 minutes have elapsed, add the julienned cucumber to the marinade as well. After 30 minutes, drain the vegetables and squeeze and shake off most of the liquid. Reserve 2 tablespoons of the liquid.

#### Step 2

Bring a pot of water to a boil. Add a big pinch of salt, then reduce to a bare simmer. Add the lake trout fillet(s), and poach for about 5 minutes, or until the thickest part of the fish flakes easily when pressed with a spoon or fork. Remove from the poaching liquid and let cool. Once cool, break into bite-sized pieces.

#### Step 3

Add the mango, onion, fish, and drained marinated vegetables to a large bowl.

#### Step 4

To make the dressing, add the garlic, chilies, sugar, fish sauce, lime juice, and the reserved marinade together in a small bowl. Mix until sugar dissolves. Set aside.

#### Step 5

Add the hand-torn herbs to the bowl of veggies, then pour over the dressing. Toss everything together very well, making sure to remain gentle with the fish so it doesn't fall apart too much. Transfer onto plates in a haystack-like pile. Sprinkle over crispy shallots and/or peanuts if using. Serve on its own, or as part of a larger Southeast Asian meal. Enjoy!

