



Preparation time: 10 minutes

Ingredients for 4

- 2 trout fillets, skinned, coarsely shredded
- 1 cucumber, thinly sliced
- 40 cornichons, sliced
- 2 tablespoons capers
- 1/2 preserved lemon peel, thinly sliced
- 1 tablespoon chopped dill
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- Salt and pepper

Smoked Trout Verrine

A sublime balance between smoky sweetness and tart pickles, my favorite.

In a large bowl, gently combine all ingredients. Season with salt and pepper to taste.

Divide into individual verrines.



Preparation time: 10 minutes

Cooking time: 10 minutes

Ingredients for 4

- 1/2 cup farro
- 1 large heirloom tomato, cubed
- 1 cucumber, thinly sliced
- 1/4 red onion, thinly chopped
- 2 scallions, thinly sliced
- 1 teaspoon chopped mint
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- Salt and pepper

Green Farro Verrine

A classic summer indulgence.

In a pan, bring a quart salted water to a boil, and cook the farro on medium heat for 10 minutes. Drain and set aside to cool.

In the meantime, in a bowl, combine all the ingredients. Add the farro when cooled. Season with salt and pepper to taste.

Divide into individual verrines.





Preparation time: 10 minutes

Ingredients for 4

- 6 pre-cooked red beets, cut in thin julienne
- 2 endives, chopped
- 1 apple, cut in thin julienne
- 1/2 cup goat cheese, crumbled
- 1 tablespoon lemon juice
- 1 tablespoon olive oil
- Salt and pepper

Beet and Endive Verrine

A bold and colorful mix of flavors.

Initially, I tried to use the endive as the verrine but it did not stand very well, so I ended up chopping the endives and adding them to the mixture.

Also, the recipe called for mint but I didn't like it with the mint so I didn't use it in the end.

In a large bowl, gently combine all ingredients. Season with salt and pepper.

Divide into individual verrines.

