



FRESH THOUGHTS:

Sustainable Seafood Series

MENU

November 3, 2009

Demonstration in Harbor Overlook

Featuring Guest Chef John Shields of Gertrude's

Wine
Still and Sparkling Water
Regional Artisanal Cheese Display

Dinner in the Knott Harbor View Room

To Start

Barbecue Trout Slider
With apple fennel coleslaw

Rainbow Trout Sweet Corn and Red Bell Pepper Fritters
With apple chutney aioli

Smoked Trout Mousse Paté
On seeded flatbread with dill crème fraîche

Entrée

Miss Lillian's Haitian-style Trout Fillet and Wild American Shrimp
Bathed in a citrus, tomato, and cilantro sauce
With toasted coconut Caribbean rice and plantains

Dessert

Bourbon Chocolate Mudd Cake
With mint crème anglaise

Brewed Decaffeinated Zeke's Coffee
Mighty Leaf Organic Teas