

PELLER ESTATES

Pickerel “Saltimbocca” with First Crop Strawberries, White Asparagus and Fresh Garden Peas

Ingredients:

- 4 small filets of Lake Pickerel
- 4 thin slices of double smoked bacon
- 4 large sage leaves
- 1 cup large chopped strawberries
- 1 cup white asparagus, blanched
- 1 cup fresh garden peas
- 1 tbsp ripped mint leaves
- 2 tbsp fresh soya bean oil
- salt and black pepper

Place one sage leaf on each of the pickerel filets and wrap with the double smoked bacon. Sear the pickerel “saltimbocca” in a fry pan using grape seed oil over medium to high heat. Approximately 2 minutes on each side. Place strawberries, white asparagus, garden peas and mint in a bowl. Season with soya bean oil, salt and black pepper to taste. Place in the center of the plate. Top with the seared pickerel “saltimbocca”. Serve immediately

(Recipe serves 4 portions)

Suggested Pairing: Private Reserve Rosé 2007

Jason Parsons
Executive Chef, Peller Estates Winery Restaurant