



# COOL CLIMATE CHARDONNAY CONNECTION

The global wine celebration that simply can't be stopped.

July 17-19, 2020 | [coolchardonnay.org](http://coolchardonnay.org) | #i4CAtHome

## **Citrus Cured Trout, Marinated Blue Potato Salad, Chili Lime Vinaigrette - Chef Justin Downes**

### *Ingredients*

2 trout filets

### *Cure*

1 lime, juiced & zested  
1 lemon, juiced & zested  
1 orange, juiced & zested  
1 shallot, peeled & diced  
½ tsp sambal oelek (more if you dare!)  
1 tsp grated fresh ginger  
1 tbsp cilantro, chopped  
1 tbsp parsley, chopped  
1 tbsp mint, chopped  
1 cup extra virgin canola oil  
1 tsp salt

- Begin by seasoning both sides of the trout filet with a pinch of salt and pepper.
- In a large, non-stick pan, on high heat, add a couple glugs of extra virgin canola oil and carefully add your filets skin side down first until it begins to brown, then flip to do the same on the flesh side – this should take a minute each side at most – you do not want to fully cook the trout, the cure will do that for you.
- Remove carefully and allow to cool.
- In a large bowl, whisk all of the curing ingredients together.
- Carefully place your trout filets in a large sealable bag and pour the cure inside.
- Store in your fridge for around 4 hours.
- Remove and pat dry.
- Serve on top of your Marinated Blue Potato Salad, drizzled with Chili Lime Vinaigrette.
- Garnish with fresh greens.

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## Marinated Blue Potato Salad

### Ingredients

1lb blue potatoes  
1L duck fat  
1lb mussels – steam and remove shells  
1/4 lb sea beans  
1 pint cherry tomatoes, halved  
1/8 cu taggiasche olives, chopped  
Pinch fresh thyme leaves  
Handful chives, chopped  
Handful parsley, chopped  
salt  
pepper

### Method

- Place duck fat in a large pot on medium high heat.
- When the duck fat has liquefied, add whole blue potatoes and confit until tender on low – approximately 45 minutes.
- Remove from duck fat and allow to cool. Once cool, carefully slice into disks.
- Blanch sea beans in boiling water for approximately 30 seconds and place in an icebath to cool immediately.
- In a large bowl, combine all ingredients.
- Gently toss together with enough Chili Lime Vinaigrette to coat.
- Season with salt and pepper. If you find the vinaigrette is too spicy, use your favourite vinaigrette instead – I would suggest verjus vinaigrette.

## Chili Lime Vinaigrette

### Ingredients

1 lime, juiced & zested  
1 tbsp Dijon  
1 tbsp sambal oelek  
1/2 cup white wine vinegar  
1 1/2 cups canola oil  
Salt

### Method

Combine first four ingredients in a blender/food processor and blitz. Slowly add the canola oil to create the emulsion. Season with salt.

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## About Chef Justin Downes

Justin grew up in the small town of Vineland, exploring everything the town had to offer to inspire his childhood adventures. He began his dream of becoming a chef as a young child watching his mother, a pastry chef, following her around in fine dining kitchens across the Niagara Region.

He began his career at Vineland Estates Winery in the summer of 1999, starting as a kitchen steward, watching the chefs around him. The following year, he enrolled at Niagara College in the Chef's Apprentice Program. As the years passed, Justin climbed the ladder from kitchen steward to Chef de Partie.

In 2002, Mark Picone, the Executive Chef of Vineland Estates Winery at the time, gave Justin the opportunity to do a six month stage in Colle Di Val D'Elsa, Italy, at Arnolfo Ristorante, a two star Michelin rated restaurant. During his time in Italy, he gained insight to classical Italian cuisine, which he uses to this day.

Shortly after his return to Canada, Justin attained his Red Seal Certification, and was promoted to Sous Chef at the winery, and in 2011, accepted the position of Executive Chef. He focused on strengthening his relationships with Niagara farmers and purveyors to source local ingredients and create regional menus.

In 2019, Justin resigned his position at Vineland Estates Winery, and started his own catering company, Farmhouse Kitchens. He also began his journey into culinary education at the Canadian Food and Wine Institute at Niagara College, teaching the future generation of Canadian chefs. Today, he continues teaching, and catering while spending time on his family farm with his wife, Sarah, and two children, Tucker and Chloe.



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