Pochouse

2 cups chicken stock( use fish stock if using salt water fish )

1 cup chardonnay

-add 1minced shallot & 1/2 toe garlic simmer & reduce to 3/4 cup

add 2 tsp cognac

add 3cup cream or 1 qt half n half, simmer & reduce to 3 cups , add 1 sprig thyme & 1 Tb chervil. S&P to taste, either blend & strain or just strain through a fine mesh, cool

when you serve this , prepare your garnish which can be as simple or extensive as you wish, warm garnish , reserve for service

reserve 1 cup of the soup base , heat the remainder

in a very hot skillet, heat 2 Tb oil, s& p trout or char filets . when pan reaches a light smoke , place in pan skin down. Dont shake the pan when the edges of the filet start to crisp or brown remove to a cool plate . you dont have to cook on the flesh side at this point

once cool cut into desired portions place skin up on pan , preheat oven to 375 or use a broiler these will cook pretty fast

place the cold reserved cup of soup base in a bowl. add 3 raw egg yolks , gently whisk

using a small ladle add some hot soup to the egg cream mix while whisking. once the mix feels warm , it is tempered & you may add to the hot soup. You must stir this constantly bringing the soup close to a simmer. once you see & feel it starting to thicken , REMOVE from heat. I recommend placing the pot on a cold wet towel to stop the cooking. continue stirring

check seasoning

place garnish in bowl, top with warm fish.

ladle soup over fish/garnish in bowl. The essence of the trout will permeate the soup & give you a clean rich result

The key to this soup is the finishing with the liaison ( egg yolk & cream or base)great way to take a cream soup to the next level. A bit tricky but worth practicing

Have fun & keep me posted.M