



**News Release  
FOR IMMEDIATE RELEASE**

For additional information, contact:  
Baensch Food Products Co.  
Kim Wall, President  
(414) 562-4643  
[kim@mabaensch.com](mailto:kim@mabaensch.com)

Vollrath Associates, Inc.  
Casey Schaak  
(414) 221-0210  
[mvollrath@vollrathpr.com](mailto:mvollrath@vollrathpr.com)

**Observe Memorial Day with the Perfect Stuffed Trout Recipe**

*Kick off the summer season with a healthy seafood treat*

**Milwaukee, Wisconsin, May 20, 2011...** As the weather warms and the Memorial Day weekend fast approaches, many people are starting to plan celebrations to commemorate our men and women in uniform and those who have died serving our country. Since this day often marks the unofficial beginning of summer, it is common for families and friends to observe the holiday by gathering for meals, parties and picnics.

Kim Wall, seafood expert and president of Baensch Food products, the Milwaukee-based company that produces the popular Ma Baensch herring, recommends trying a new seafood recipe this Memorial Day and in the warmer months to come. Trout is a delicious and unique alternative for any summer cookout.

“Seafood is healthy and easy to prepare. It’s light and tasty for hot summer days– the perfect combination,” says Wall.

Try Kim Wall’s Cresto Stuffed Trout recipe for a festive summer treat this Memorial Day:

**Cresto Stuffed Trout**

Ingredients:

4 whole trout, defined (cut from top fin to bottom fin)

Trout can be dressed with head on or head off, your choice

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4 c watercress  
2 c toasted blanched almonds  
1 c freshly grated Parmesan -Romano cheese  
Grape seed oil

To clean watercress:

First swirl in a bowl of water, then spin dry in a salad spinner. Store the watercress in a closed plastic bag with a slightly damp paper towel. As long as the leaves are dry, they will stay green for several days.

To make the cresto:

In a food processor, add 2 c watercress and a small amount of oil and process for a few minutes. Add the rest of the watercress, nuts, and oil and process again. Finally add cheese and some more oil, depending on desired thickness of cresto (for stuffing, its best to make it thick).

To cook the trout:

Once the stuffing is made, stuff the trout with as much or as little cresto as desired. Use a cast iron skillet, heat the pan to medium heat and add grape seed oil. When oil is hot, lay the trout in pan. Once the tail starts to curl up, flip the trout to the other side using one or two spatulas (the tail starts to curl after about 2 min depending on the size of the trout). Continue to cook on the other side for about another 2 min.

To debone the trout:

Once the trout is cooked, follow these directions for deboning:

1. At a table or counter, hold the trout by the tail. You are going to start work at the tail and work your way towards the head.
2. Insert a knife between the flesh and the bone. Cut down the top of the fish, splitting off the

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fillet. Use your knife to separate the fillet from the bone (the meat should easily lift off). Now turn the trout over. Holding the tail again, gently pull entire skeleton up and off the second fillet. You can use the knife against the flesh to separate easier.

3. If you kept the head, be sure to remove the two luscious cheek pieces before discarding.

### **About Ma Baensch**

Baensch Food Products Co., a division of Wild Foods, Inc., packs premium Atlantic herring from Nova Scotia under the Ma Baensch brand. Founded in 1932 by the Baensch family, the company was purchased by Kim Wall in 1999. Today, the company continues to use the original family recipes for its herring fillets marinated in wine sauce or sour cream and chive sauce. Headquartered in Milwaukee, Wisconsin, Baensch Food is a member of the National Fisheries Institute and kosher certified through the Chicago Rabbinical Council. For more information, visit [www.mabaensch.com](http://www.mabaensch.com).

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