

## Quick poached trout and risoni salad

- 250g risoni pasta
- 250g frozen peas
- 1/2 lemon zested
- 500g trout fillets
- 8 spring onions, chopped
- 100g baby spinach leaves
- 2 bay leaves
- 1 tbspsalt
- 1 tsp peppercorns
- 60ml olive oil
- 2 tsp grated lemon rind
- 60ml lemon juice
- 1/2 tsp sugar
- 1 tsp Dijon mustard
- 1 tbspdill, coarsely chopped

Cook risoni in a large pan of boiling salted water until al dente, adding the peas and lemon zest in the last 2 minutes of cooking. Rinse under cold water and drain well. For the dressing combine olive oil, lemon juice, rind, sugar, mustard and dill in a screw-top jar; shake well.

In a deep-frying pan add 750ml of water, salt, peppercorns, bay leaves and bring to the boil then simmer for 5 minutes. Remove from the heat, add the trout cover and leave for 15 minutes. Lift fillets out of the stock carefully and flake into pieces, removing any bones.

To serve, in a large bowl add onions, spinach and dressing and risoni tossing well. Then gently fold through the trout pieces.

**Extra info:** Risoni (pronounced ree-soh-nee) looks like large grains of rice but is actually a type of pasta.

## Tea smoked trout with celeriac remoulade

2 trout fillets / 1/4 cup tea leaves / 1/2 cup uncooked rice / 3 Tbs brown sugar  
/orange or lemon rind / fresh herbs - thyme, chives, oregano, etc

Mix tea leaves, rice, sugar, rind and herbs together in a bowl. Season the trout fillets with salt and ground pepper. Line your smoking tin or casserole dish with foil, with enough overhang to then be able to fold over the lid. In the centre add the mixture of the smoking ingredients. Place over a med/high heat until you see a bit of smoke rising from the center of the smoking ingredients. Then place the trout skin side down on top of a rack that sits over the mixture. Place on the lid, and fold over the foil. Turn the heat down to medium and continue to cook for about 8 minutes (depending on size of fish can take up to 15min). Remove from the heat and allow to rest still covered for 5 more minutes. Then, very carefully undo the foil from the pan and lift the lid.

**Celeriac remoulade** 300g celeriac / 35g grain mustard / 1 tsp capers / 25g cornichons / lemon juice / 2 tsp parsley / 4 sprigs tarragon / 150g mayonnaise

Peel the celeriac and cut into fine shreds. Place celeriac in a bowl with mustard, lemon juice, chopped capers, cornichon and herbs. Stir in mayonnaise and season with salt and pepper.

**Extra info:** Trout is a great fish to smoked, today I used jasmine tea to flavor the smoke but you can use many different teas such as earl grey, darjeeling, green, tisane with lavender, citrus or for a darker smokey flavor try lapsang souchong. Each will bring out a different character to the fish. Celeriac has to be one of the ugliest looking vegetables but it has a delightful subtle celery flavor. When made as a remoulade its creamy sharpness goes perfectly with cold meats, steak and smoked fish. Remoulade (reh-moo-lahd) is a classic mayonnaise or oil based French sauce, although the Louisiana version which contains paprika and Cajun seasonings tends to be more familiar to people.

## **Poached trout 3 ways - Olive oil/white wine/coconut milk**

### **Olive Oil Poaching**

Pour enough oil into a saucepan to completely cover the trout when added, then place over med/Low heat until it reached 50 °C. Place the fillets in the oil and bring back to 50 °C. Maintain at this temp for approximately 12-15 min depending on fillet thickness. Carefully remove and drain on kitchen towel.

### **White wine poaching**

2 carrots chopped / 2 onions chopped / 2 sprigs of thyme / 1 bay leaf / celery leaves / 10 peppercorns 400ml dry white wine / 100 ml white wine vinegar / 2 lemons

Place vegetables and herbs into a large pan and add one litre of cold tap water. Over med/high heat bring to the boil then reduce to a simmer, adding the white wine and vinegar. Squeeze the juice from the lemons and add the halves, remove from the heat and allow to sit for 10 minutes. Strain this mixture and collect the liquid. Warm the liquid over med/low heat until it reaches 50 °C. Place the trout into the liquid and bring back to 50°C for approximately 8-10 minutes depending on the thickness of the fish. Carefully remove the trout and drain.

### **Coconut Milk Poaching**

1 long green chilli chopped / 1 garlic clove crushed / 100ml chicken stock / 1 Tbs fish sauce / 1 tsp castor sugar / 1 tin coconut cream a large pan add coconut milk and stock place over med/high heat and bring to just below boiling. Add garlic, chilli, fish sauce and sugar. Keeping under boiling point allow to simmer for 5 minutes, then remove from heat and allow to sit for 10 minutes. Then strain this mixture and collect the liquid. Poach as for white wine recipe.

## Sous – vide trout with bois boudran sauce

- 4 trout fillets, skin on
- 80ml olive oil
- 15ml Worcestershire sauce
- 230g tomato ketchup
- 30ml sherry vinegar
- 15ml soy sauce
- 1tbs Dijon mustard
- 95ml olive oil
- 4 shallots
- 1 bunch tarragon & parsley
- Tabasco to taste

Preheat water bath to 50°C. Place trout fillets in individual bags with 15ml olive oil in each, seal and place in water bath for 15min. Remove the fillets from the bag and pat dry with kitchen towel. Heat a thin layer of oil in a frying pan over med/high heat. Place the trout skin side down in the hot pan and cook for 30 seconds until skin is golden and crispy. Serve on crushed potatoes and top with sauce.

For the sauce, place ketchup, sherry vinegar, Worcestershire sauce, soy sauce, mustard and olive oil in a bowl whisking to combine. Soften shallots in a pan with a little oil. Chop roughly 40g tarragon leaves and 30 g parsley and add to the ketchup mixture along with the shallots and a few drops of tabasco. This sauce will need to be left to infuse for at least 2 hrs. If keeping in the fridge be sure to bring back to room temperature before serving).

**Extra info:** Bois Boudran sauce works equally as well with barbequed chicken. Sous-vide fish gives it a wonderful texture similar to poaching in oil but don't require the use of oil. It's a very clean, efficient and versatile way to cook. Holding in all the juices and flavors, keeping the food moist and succulent it is almost impossible to overcook due to heating it to heating the food to the exact temperature you want.