

## **RAINBOW TROUT WITH BASIL BEURRE BLANC**

### **EQUIPMENT**

PALLET KNIFE, BAKING PAPER

### **INGREDIENTS**

1 X 400GM FILLET RAINBOW TROUT, 6 BASIL LEAVES,  
OLIVE OIL, SALT,  
BEURRE BLANC SAUCE (SEE HOW TO RECIPES)

### **METHOD**

PLACE ROOM TEMPERATURE TROUT FILLET ON A SHEET OF BAKING PAPER SEASON WITH SALT AND OLIVE OIL AND PLACE ANOTHER SHEET OF PAPER ON TOP

PLACE IN A PRE-HEATED OVEN STEAM SETTING 60 DEGREES FOR 6 MINS

WHEN COOKED REMOVE PAPER AND PEEL OFF THE SKIN OF THE FILLET, TRANSFER TO A PLATE

TEAR BASIL LEAVES IN TO WARM POT OF BEURRE BLANC AND STIR, SPOON OVER FISH AND SERVE

### **HINTS & TIPS**

- TRY THIS DISH WITH A "OLD WORLD" CHARDONNAY, THE BUTTERY FEEL OF THE CHARDONNAY ACTS AS A PERFECT ACCOMPANIMENT TO THE BEURRE BLANC
- REMOVE THE BASIL AND ADD TOASTED ALMONDS TO THE SAUCE FOR A DIFFERENT VERSION OF THE CLASSIC TROUT ALMONDINE
- RAINBOW TROUT IS READILY AVAILABLE MOST OF THE YEAR IN AUSTRALIA, ALTHOUGH FARMED THEY ARE GENERALLY VERY GOOD QUALITY AND ALSO REASONABLY CHEAP