

STEAMED OCEAN TROUT AND DILL CRUSHED PEAS

EQUIPMENT

SMALL MIXING BOWLS, STICK BLENDER, SMALL JUG, BAKING PAPER,
CLING FILM, PERFORATED BAKING TRAY, MEDIUM SIZE FRYPAN

INGREDIENTS

160-180GM FILLET OCEAN TROUT, 120GM GREEN PEAS,
50GM BUTTER, 5 SPRIGS DILL, SALT, EXTRA VIRGIN OLIVE OIL

METHOD

PLACE THE PEAS ON A PERFORATED TRAY AND 40GM OF BUTTER IN A HEAT-PROOF MIXING BOWL, COVER THE BOWL WITH CLING FILM TIGHTLY

PLACE THE PEAS AND BUTTER INTO A PRE-HEATED OVEN STEAM SETTING 100 DEGREES FOR 7 MINS

ONCE COOKED REMOVE THE PEAS AND BUTTER AND SET ASIDE, PLACE THE TROUT ON A SHEET OF BAKING PAPER AND SEASON BOTH SIDES WITH
SALT AND PLACE INTO THE OVEN STEAM SETTING 52 DEGREES FOR 20 MINS

POUR THE PEAS INTO A JUG ADD A FEW SPRIGS OF DILL, SEASONING AND POUR IN THE BUTTER, BLITZ BRIEFLY WITH THE STICK BLENDER AND SET
ASIDE

2 MINS BEFORE THE TIMER GOES OFF HEAT A MEDIUM FRYPAN OVER MEDIUM HEAT. ONCE COOKED REMOVE THE FISH AND COVER THE CRUSHED
PEAS WITH CLING FILM AND RETURN TO THE OVEN TO WARM

POUR A GENEROUS SPLASH OF EVOO INTO THE PAN AND PAN FRY THE FISH SKIN SIDE DOWN OVER MEDIUM HEAT FOR 2-3 MINS UNTIL CRISP

REMOVE FROM THE HEAT AND TURN THE FISH OVER, ADD THE REMAINING 10GM OF BUTTER AND BASTE THE SKIN BRIEFLY

TO SERVE PLACE A MOUND OF THE CRUSHED PEAS INTO THE MIDDLE OF A BOWL AND PLACE THE OCEAN TROUT ON TOP SKIN SIDE UP, GARNISH
WITH A FEW SPRIGS OF DILL AND A DRIZZLE OF EXTRA VIRGIN OLIVE OIL

HINTS & TIPS

- OCEAN TROUT IS SIMILAR TO ATLANTIC SALMON BUT HAS A SLIGHTLY Milder FLAVOUR
- AS OCEAN TROUT IS A FARMED FISH IT IS READILY AVAILABLE JUST ASK YOUR FISHMONGER
- OCEAN TROUT IS FULL OF OMEGA 3 AND OTHER FATS THAT ARE GOOD FOR YOU HEALTH, JUST BE SURE NOT TO OVERCOOK IT AND COOK OUT ALL
THE GOODNESS