

CONFIT OCEAN TROUT, BABY ASPARAGUS, CAPERS AND LEMON BUTTER BUBBLES

EQUIPMENT

DEEP SAUCEPAN WITH LID, CHEF'S KNIFE, SMALL SAUCEPAN, STICK BLENDER

INGREDIENTS

2 X 60GM OCEAN TROUT FILLETS (SKIN OFF), 10-12 BABY ASPARAGUS SPEARS, 3 SPRIGS THYME, 2 SPRIGS DILL, 8 CAPERS,
20 FENNEL SEEDS, 20 CORIANDER SEEDS, 2 CLOVES GARLIC, 1 RED CHILLI,
500GM EXTRA VIRGIN OLIVE OIL, JUICE OF 1 LEMON, 40GM BUTTER, 20GM WATER, SALT FLAKES

METHOD

POUR THE OIL INTO A DEEP SAUCEPAN AND ADD THE FENNEL AND CORIANDER SEEDS WITH THE THYME SPRIGS, CHILLI AND GARLIC CLOVES.
PLACE THE LID ON THE POT AND PLACE THE POT INTO THE OVEN STEAM SETTING 50 °C FOR 20 MINUTES TO INFUSE.

ONCE THE OIL HAS INFUSED PLACE THE TROUT FILLETS IN THE OIL AND REPLACE THE LID, RETURN THE POT TO THE OVEN STEAM SETTING 50 °C
FOR 16 MINUTES.

ONCE COOKED REMOVE THE POT FROM THE OVEN AND LEAVE SET THE POT ASIDE. PLACE THE ASPARAGUS ONTO A PERFORATED TRAY AND INTO
THE OVEN STEAM SETTING 100 °C FOR 5 MINUTES.

PLACE THE LEMON JUICE, WATER AND BUTTER INTO A SMALL POT AND PLACE THE POT OVER MEDIUM HEAT UNTIL THE BUTTER HAS JUST MELTED.

REMOVE THE TROUT FROM THE POT AND DRAIN ON PAPER TOWEL. REMOVE THE SAUCE FROM THE STOVE AND "BLITZ" USING A STICK BLENDER
UNTIL THE SAUCE BECOMES BUBBLY AND SET ASIDE.

REMOVE THE ASPARAGUS FROM THE OVEN AND IF NEEDED DRAIN ON PAPER TOWEL, PLACE THE ASPARAGUS INTO A BOWL AND SCATTER OVER
CAPERS AND PICKED DILL SPRIGS.

PLACE THE TROUT ON TOP OF THE ASPARAGUS AND SPOON OVER THE BUBBLES FROM THE SURFACE OF THE SAUCE AND SERVE

HINTS & TIPS

- TROUT OR SALMON DONE CONFIT STYLE IS A GREAT METHOD FOR BOTH THESE FISHES AND THE USE OF A HUMID STEAM OVEN ENSURES EVEN TEMPERATURE THROUGH THE OIL
- THIS IS A GREAT WAY TO SERVE FISH AS A SMALL ENTRÉE OR STARTER AND REQUIRES VERY LITTLE EFFORT TO ACHIEVE EXCELLENT RESULTS