

STEAMED RAINBOW TROUT, BEANS, ALMONDS & LEMON OIL

EQUIPMENT

CHEF'S KNIFE, SMALL SOLID BAKING TRAY, LARGE PERFORATED BAKING TRAY, BAKING PAPER, MIXING BOWLS, PALETTE KNIFE

INGREDIENTS

1 X 170-190CM RAINBOW TROUT, 30GM SHAVED ALMONDS, 2 SPRIGS PARSLEY, 10-15 GREEN BEANS, 1 LEMON CHEEK, SALT FLAKES, LEMON INFUSED EXTRA VIRGIN OLIVE OIL

METHOD

PLACE THE ALMONDS ON SOLID BAKING TRAY AND INTO A PRE-HEATED OVEN COMBI SETTING 190°C FOR 5-6 MINUTES UNTIL GOLDEN BROWN.

ASK YOUR FISHMONGER TO REMOVE THE SPINE, RIB BONES AND PIN BONES FROM THE FISH. (FOLLOW THE VIDEO IF YOU WANT TO ATTEMPT IT YOURSELF) AND SET THE FISH ASIDE.

REMOVE THE ALMONDS FROM THE OVEN AND CHANGE THE OVEN SETTING TO STEAM MODE 100°C.

TOP AND TAIL THE BEANS AND PLACE THEM ON A LARGE PERFORATED TRAY AND ONCE THE OVEN IS TO TEMPERATURE PLACE THE BEANS IN THE OVEN FOR 3 MINUTES.

PLACE THE TROUT ONTO A LARGE SHEET OF BAKING PAPER AND DRIZZLE WITH LEMON INFUSED EVOO AND SET ASIDE.

ONCE THE BEANS HAVE COOKED REMOVE FROM THE OVEN AND LIGHTLY SEASON WITH SALT AND LEMON OIL. PLACE THE TROUT ONTO THE PERFORATED TRAY AND SEASON WITH SALT. PLACE THE BEANS ON TOP OF THE TROUT AND REDUCE THE OVEN TO STEAM SETTING 70°C AND PLACE THE TROUT IN THE OVEN FOR 7 MINUTES.

ROUGHLY CHOP THE PARSLEY AND SET ASIDE

ONCE COOKED REMOVE THE TROUT AND PLACE IT ON A LARGE PLATE, SCATTER OVER THE TOASTED ALMONDS AND CHOPPED PARSLEY AND SERVE WITH A LEMON CHEEK.

HINTS & TIPS

- RAINBOW TROUT ARE AVAILABLE ALL YEAR AND ARE A SUSTAINABLE CHOICE FOR A TABLE FISH, ALTHOUGH FARMED THE FLAVOUR DIFFERENCE BETWEEN WILD AND FARMED TROUT IS MINIMAL.
- ASK YOUR FISHMONGER TO BUTTERFLY BONE YOUR TROUT FOR THIS ALLOWS FOR A BONE FREE EATING EXPERIENCE AND QUICK COOKING TIME.