

Miele

Rainbow Trout, Roasted Bone Sauce, Fennel Salad

By Matt Stone

1 hour

50 minutes

4
Serves



INGREDIENTS

2 whole rainbow trouts
50g salt
1l water
2 tablespoon olive oil
1 small brown onion, diced
2 sticks of celery, finely sliced
1 medium fennel tops, finely sliced
1 garlic clove, sliced
2 bay leaves
250ml dry white wine
125ml water
½ lemon, juiced
50g unsalted butter

Fennel salad

1 medium fennel bulb, finely sliced
1 bunch radish, finely sliced
1 bunch dill, picked and washed
Extra Virgin olive oil
1 lemon, juiced
Murray River salt flakes
2 white witlofs, leaves picked, garnish

Herb powder

1 tlb dried parsley
1 tlb dried dill

METHOD

Roasted bone sauce

1.

Preheat oven on Fan Plus 200°C.

2.

Place the fish on a heavy cutting board with the head to the left. Make a cut behind the fins to separate the head from the fillet, cutting all the way around until you hit the bone. Rotate the fish so the belly is facing away from you and cut along the backbone. Gently angle the knife and cut smoothly along the length of the fillet, where it meets the bone until you have removed one side of the fillet.

3.

Repeat the process on the other side until you have four fillets. Using fish tweezers, remove any bones.

4.

Place fish heads and bones on a baking tray and roast in the oven on Shelf position 2 for 30 minutes until brown.

5.

In a deep-sided frypan, heat oil on Induction setting 6, add in onion, celery, fennel, garlic and bay leaves. Stir until translucent then add in roasted bones, stir to combine.

6.

Deglaze pan with wine and bring to the boil. Add water then simmer for 15 minutes on Induction setting 4 until sauce has reduced by a third.

7.

Strain sauce through fine meshed sieve over saucepan collecting sauce. Discard solids. Return to medium heat Induction setting 5 and bring to a simmer. Adjust sauce with lemon juice and whisk in softened butter to form a smooth shiny sauce. Reserve.

Rainbow Trout

1.

In a deep container, combine water and salt, stir until it's dissolved. Add trout fillets to the brine and place container in the refrigerator for 15 minutes to cure.

2.

Remove trout from brine and drain fillets on a baking tray lined with paper towel.

3.

Transfer trout to a baking paper lined tray, skin side up and place into the oven on shelf position 2 and cook for 3-5 minutes depending on the thickness of the fillets.

Fennel salad

1.

Combine fennel, radish and dill in a large bowl, dress with oil and lemon juice and season to taste. Using a coffee grinder or food processor, blitz dried herbs to form a fine green powder.

To serve

1.

Gently peel away the skin from the trout fillets and discard. Place fillets onto serving plates and top with fennel salad.

2.

Garnish the top of the salad with witlof leaves and dust with dehydrated herb powder.

Notes

Ask your fishmonger to fillet the rainbow trouts and reserve bones for sauce

Dried herb powder will keep in an airtight container for up to 2 weeks.