

# Ocean trout with sorrel sauce

By Shannon Bennett

**15 minutes**

Prep time

**55 minutes**

Cooking time

**6 Servings**

Serves



## INGREDIENTS

750g piece ocean trout fillet, sashimi grade, pin boned, skin off

### Sorrel sauce

50g butter  
2 eschallot, peeled and thinly sliced  
1 tablespoon garlic puree  
100ml Noilly Prat  
500ml fish stock, heated  
1 bunch English spinach  
1 bunch sorrel  
50g butter  
2 tablespoons tiny capers, soaked and drained if preserved in salt

### Herb Oil

1 bunch flat leaf parsley, leaves picked  
1 bunch chives, roughly chopped  
1 teaspoon salt  
250ml olive oil

## METHOD

### Sorrel sauce

1. Melt butter in a medium size saucepan, add shallot and garlic and sweat without covering, over medium heat, Induction setting 5-6.
2. Add Noilly Prat and cook for 1 minute. Turn up the heat before adding the fish stock and bring to a rapid boil for 1 minute. Add spinach and cook for 1 minute to wilt.
3. Transfer ingredients to a blender and puree sauce until smooth.
4. Using the steam oven, place solid steam tray on shelf position 1, place sorrel into the perforated steam tray on shelf position 2. Steam at 90°C for 1 minute.
5. Add sorrel to puree and blend for a few seconds. Add the capers and butter to emulsify and blend until smooth.

### Herb Oil

1. Blend herbs and salt in a blender, add oil and blend until smooth.
2. Transfer puree to a saucepan and cook on Induction setting 1 for 30 minutes. Use a thermometer to ensure temperature of 50°C.

### Ocean trout

1. Pre-heat oven on Intensive Bake at 95°C with baking and roasting rack on shelf position 1.
2. Lightly oil the fish, place on cedar board and cook for 20 minutes or until cooked to your liking. Remove from oven.

### To serve

1. Warm the sorrel sauce on low heat, Induction setting 2, to no more than 80°C (test with thermometer ) to avoid losing colour.
2. Slice the fillet into 6 equal portions and place on dinner plates.
3. Drizzle herb oil around the fish, season with Murray River Sea Salt and drizzle sorrel sauce. Place lemon on the side and garnish with salmon pearls and baby beetroot if using.

### Hints and tips

- Any dry vermouth would be suitable if Noilly Prat is not available.