

Miele

Coriander coconut trout with pickled cucumber

By Miele

30 minutes

Preparation Time

30 minutes

Cooking Time

6-8

Serves



INGREDIENTS

6 x 120g ocean trout fillets, skin on,
pin-boned
Murray River Salt Flakes

Coriander coconut paste

100g desiccated coconut
180ml hot water, for soaking
1 cup coriander leaves, chopped
½ cup mint leaves, chopped
2 small green chillies, chopped
1 tsp ground cumin
85ml coconut milk
60ml lime juice
½ tsp freshly ground black pepper
1 tsp sea salt

Pickled cucumber

3 continental cucumbers
2 tsp salt
120g caster sugar
240ml rice wine vinegar

METHOD

Pickled cucumber

1. Cut cucumbers into batons, salt and leave for 20 minutes.
2. Drain cucumbers rinse with boiling water then refresh in cold water.
3. Combine the sugar and vinegar in a bowl. Add the cucumber and allow cucumber to steep in the pickling liquid for 10 minutes.

Crispy trout skin

1. Pre-heat Oven on Conventional at 200°C with an oven rack on shelf position 2.
2. Place ocean trout onto a chopping board. Using a flexible knife, with the blade facing away from you; carefully remove the skin. Set fish aside.
3. Place skin onto a sheet of baking paper, salt liberally and cover with another baking paper sheet. Place onto wire rack and weigh the skin down with the grilling and roast insert. Cook for 20 minutes until skin has browned and become crispy. Keep warm.

Coriander coconut paste

1. Pre-heat Oven on Fan Grill at 200°C.
2. Soak shredded coconut in hot water for 10 minutes, or until softened. Strain coconut through a fine sieve and discard water.
3. Place coconut in a food processor with remaining ingredients and blend until quite smooth. If paste is too thick, add a little coconut milk to achieve desired consistency.

Trout

1. Place trout skin on a grilling and roasting insert, placed in a multi-purpose tray. Coat the tops of the fish with coriander coconut paste. Spread evenly to cover.
2. Place tray on shelf position 5 and Grill for 7-10 minutes depending on level of doneness.

To serve

1. Strain cucumber from pickling liquid and combine in a bowl with picked herbs, coconut and bean shoots. Add a little pickling liquid to coat.
2. Serve trout with cucumber salad, crispy skin, lime wedges and top with chilli.

Hints and tips

- Ocean trout can be substituted with salmon.
- Fish can be portioned into individual serves of 120g-150g. Cooking time may vary depending on the thickness of the fish.