



Smoked whole trout with baby rainbow carrots, fennel fronds and caper butter

By Shannon Bennett

25 minutes

Prep time

15 minutes

Cooking time

4 Servings

Serves

INGREDIENTS

Trout

4 small rainbow trout
200g brown sugar
200g rice
200g jasmine tea

Caper butter

2 anchovies
25g Lilliput capers, soaked in water, drained
2 teaspoons Dijon mustard
2 teaspoons tarragon, chopped
2 teaspoons flat leaf parsley, chopped
¼ bunch basil leaves, sliced very thinly
20mls lemon juice
250g unsalted butter, diced
Murray River Sea Salt and white pepper to taste

To serve

Bronze fennel fronds
12 rainbow carrots
Caper butter

METHOD

Trout

1. Pre-heat oven on Fan Grill at 250°C.
2. Line the base of the Induction Gourmet oven dish with foil, shiny side up.
3. Place sugar, rice and tea on the foil and cook covered on high, Induction setting 8, until smoking.
4. Place a small roasting rack in the dish over the smoking mixture and quickly sit the fish on top. Cover with the lid.
5. Transfer the dish to the oven on shelf position 4. Remove the lid and cook for 8 minutes.

Caper butter

1. Combine all ingredients in the bowl of a food processor and blend until almost smooth. Set aside in a dish until required.

Carrots

1. Wash and peel the carrots leaving a small length of the top intact.
2. Place carrots in a perforated steam tray and Steam at 100°C for 4 minutes.
3. Warm the caper butter in a small pan on low heat, Induction setting 4 until melted.

To serve

1. Spread the cleaned fennel fronds onto a serving platter and sit the fish on top.
2. Drizzle warm caper butter over the fish and carrots, serve immediately.