



TROUT PATE

INGREDIENTS

Prep time: 5 min - Serves: 4 - Cooking time: 20 minutes - Intermediate level

300 g Trout Fillet (skin and bones removed)
1 tsp. Coarse Sea Salt (for curing)
A small handful of Fresh Coriander, chopped
A couple of knobs of Melted Butter
1 tsp. Black Pepper
2 - 3 tbsp. Cream Cheese
A decent squeeze of Lemon Juice

METHOD

Heat a fireproof pan over moderate coals; fry the trout until cooked through (about 5 minutes).

Next, flake the trout into a large bowl, then add the chopped herbs, salt, pepper and cream cheese. Either use a fork or a hand blender to blitz the ingredients until you have the right consistency.

Stir through lemon juice and adjust seasoning to taste. Scoop the pate into two smaller bowls, pour melted butter over each and leave in a cooler box to chill before serving.

Recipe by Ignatius Mosoane and Neo Chochoe from Team Rustenburgers UBM4

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