



TROUT WITH POTATOES AND CAPER BUTTER

INGREDIENTS

CAPER BUTTERS:

200 g Butter

2 tsp Capers

1 tsp Lemon Juice

POTATOES:

500 g Baby Potatoes

3 Bay Leaves

A big pinch of Sea Salt

A big pinch of Cracked Black Pepper

A couple of sprigs of Fresh Thyme

A couple of Garlic Cloves, crushed

A couple of knobs of Butter

A drizzle of Olive Oil

BRAAIED TROUT:

1/2 Fresh Trout (bones removed, skin on)

2 tbsp. Salt

1 tbsp. Black Pepper

2 tbsp. Lemon Zest

1 tbsp. Lemon Juice

1 tsp. Paprika

3 Garlic Cloves, crushed

2 tbsp. Robertsons Zesty Lemon Spice

1 tbsp. Melted Butter

METHOD

Caper Butter:

Heat a pan over moderate coals then add the butter and capers. Add a squeeze of lemon juice and once the butter has melted.

You'll notice the butter has browned - this is perfect. You want the butter to be almost burnt and the capers to be nice and crispy.

Potatoes:

Bring a pot of water to the boil over moderate coals. Add the potatoes and cook until soft. Drain the water and set aside.

Add the olive oil and butter to a pan and once the butter has melted, add the bay leaves, salt, pepper and sprigs of thyme. Next add the garlic and potatoes and toss it around gently until the potatoes are coated.

Braaiied Trout:

Once the fish has been deboned, place it on a tray (skin side down) and cover with a generous amount of salt. Leave to cure for about 20 - 30 minutes. While the fish is curing, combine all the spice, garlic, lemon juice and zest then mix with the melted butter.

After 30 minutes, rinse the salt off the trout and pat dry. Braai the trout over moderate coals while basting with the zesty butter sauce, turning only once. Start with the skin side down, and once the skin is crispy, turn it over onto the flesh side.

The entire braai time shouldn't be more than 5 - 8 minutes. Serve with a squeeze of lemon juice, caper butter and potatoes.

Recipe by Ignatius Mosoane and Neo Chochoe from Team Rustenburgers UBM4

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