

# three streams

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**TROUT AND BULGUR WHEAT SALAD**

## **GOAT'S CHEESE CRÈME**

40 g Goats Cheese  
20 g Cream Cheese  
15 ml Wheat Grass, finely chopped

## **CURRY AIOLI**

1 Egg  
15 ml White Vinegar  
10 ml Dijon Mustard  
1 Garlic Clove, crushed  
250 ml Olive Oil  
15 ml Mustard Seeds  
15 ml Cumin Seeds  
30 ml Curry Powder  
1 Onion, finely chopped  
3 Garlic Cloves, crushed  
1 thumb of Ginger

## **CURED TROUT**

1 Trout Fillet, deboned  
45 ml Lemon Zest  
40 ml Lemon Juice  
30 g Sugar  
70 g Coarse Salt  
1 bunch of Wheat Grass  
1 bunch of Dill  
1 bunch of Fennel  
15 ml grated Ginger

## **SMOKED TROUT**

1 Trout Fillet, deboned  
30 ml Ginger, grated  
30 ml crushed Garlic  
15 ml Fennel Seeds  
15 ml Cumin Seeds  
15 ml Mustard Seeds  
15 ml Cayenne Pepper  
50 ml Lemon Zest

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## **BULGUR WHEAT SALAD**

Bulgur Wheat  
1 Tomato  
1 Red Onion, finely chopped  
1 Spring Onion, finely sliced  
10 ml Orange Juice  
10 ml finely chopped Coriander  
30 ml Olive Oil  
Salt and Pepper, to taste

## **GOAT'S CHEESE CRÈME**

Mix together the goats cheese and cream cheese until smooth. Finely chop the wheatgrass and fold it into the crème. Season with Salt and set aside.

## **CURRY AIOLI**

Make a curry base by finely chopping up the onion, three garlic cloves and a thumb of ginger.

Heat a fireproof pan over moderate coals, add a glug of olive oil, then the chopped onion, garlic and ginger. Once the onions are translucent, stir through the mustard and cumin seeds and cook for another five minutes.

Add the curry powder and cook through. Once done, remove the curry base from the heat and set aside to cool slightly, then blitz it in a blender until smooth.

Next, make the aioli base by combining the egg yolk, vinegar, Dijon mustard and one garlic clove. Whisk until combined, then slowly start adding the olive oil, whilst continuously whisking. Keep whisking and adding oil until you've got a sauce the consistency of a thick mayonnaise.

Fold in the curry base and season to taste.

## **CURED TROUT**

Make a cure for the trout by combining the lemon zest, grated ginger, lemon juice, sugar, coarse salt, wheat grass, fennel and dill. Pop it into a blender and blitz until combined.

Lightly cure the trout (on both sides), wrap it in cling film and set aside for at least half an hour. Wipe the cure off the trout using a clean, damp dishcloth then slice the trout in half.

You're going to thinly slice the one half (against the grain). Take the other half, and seal it off in a pan - but don't overcook it! Portion to your liking and serve.

## **SMOKED TROUT**

Make a spice rub crushing the mustard, fennel and cumin seeds in a mortar and pestle. Stir through the cayenne pepper, garlic and ginger.

Rub the spice mix all over the trout and cure the fish for about 20 minutes. Next. Place the cured trout inside a the Cobb, add a small handful smoking chips. Once smoked, seal the trout in a pan, portion to your liking and serve.

## **BULGUR WHEAT SALAD**

Bring a pot of water to the boil over moderate coals, then add the bulgur wheat. Simmer until cooked through then season with salt and set aside to cool down.

Blanch and refresh the tomato, then peel it and chop the flesh into small blocks. Combine the spring onion, red onion, chopped tomato and cooked bulgur wheat in a salad bowl.

Make the salad dressing by combining orange juice, finely chopped coriander, olive oil, salt and pepper. Stir the dressing through the salad and serve.

Recipe by Wynand van Rooyen and Kirby Auret From The Flying Boar

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