



INGREDIENTS

- 1 Fresh Trout, filleted
- 6 Beetroot, whole
- 500 g Robertsons Sea Salt
- 300 g Brown Sugar
- 1 tsp. Coriander Seeds
- 1 tbsp. Mixed Peppercorns
- ½ cup Rocket Leaves
- ½ cup Fresh Dill
- 2 Spring Onions, cut diagonally
- ½ cup Fresh Coriander
- ½ Red Onion, finely chopped
- 4 Passion Fruit, juice extracted
- A small glug of Olive Oil
- 1 tsp. White Wine Vinegar
- The juice of 1 Lemon
- 1 tsp. Capers

CURED TROUT

Cut a 300 g fillet of trout from the whole fish, debone and set aside.

Mix together the sugar and salt then halve the mixture.

Grate four of the beetroots into a mixing bowl and combine with half of the salt and sugar mixture. Take the beetroot mixture and spread it all over the trout - leave to cure for one and a half hours.

To Serve: Wash the cure off the trout and pat dry with a clean cloth. Slice the fish diagonally and set aside

TROUT TARTAR

Slice another 100 g of trout from the whole fish, debone and cut into cubes. Finely chop the capers and then combine it with the cubed trout, along with 2 tablespoons of dressing.

BEETROOT CUBES

Take the remaining two beetroot, cut them in half, drizzle a glug of olive oil over the beet, add a pinch of salt and pepper then wrap inside foil, creating pockets. Next, place the foil parcels over moderate coals and leave to cook until soft - about 30 minutes. Once cooked, cube the roasted beetroot and set aside

DRESSING

Place a sieve over a mixing bowl. Scrape the seeds out of the passion fruit to extract the juice. Next, squeeze the lemon juice through the sieve then add a glug of olive oil and vinegar. Using a teaspoon, force the juice through the sieve, take the sieve off of the bowl and set aside. Next, add the chopped red onion and coriander, stir to combine, season with salt and pepper and set aside.

SMOKED TROUT

Take the remaining trout, fillet and debone it, then slice into approximately 5 cm thick slices. Cover the sliced trout with the remaining cure mixture, then leave the fish for about an hour. In the meantime, bash the peppercorns and coriander seeds inside a mortar and pestle. After an hour, wash the cure off of the trout and pat dry. Run the coriander and pepper onto the fish and smoke for about 15 minutes.

To Serve: Combine the fresh dill, rocket and spring onions on a wooden platter. Add a drizzle of the passion fruit and lemon dressing. Arrange the trio of trout on top of the salad, place the cubed beetroot on the side and add more dressing to the beetroot. Serve.

Recipe by Team Craig Isaacs and Carl Isaacs from C-Soned UBM4

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