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South Africa local Rooibos paired with sustainable local trout – you can't go wrong! A wholesome crunchy slaw and a warm citrus rooibos dressing are the perfect accompaniment, especially in Winter.

If you do not have a Weber/Kettle Braai, you could poach the trout in Rooibos tea in a dish in the oven.

Fire up the coals on your Weber/Kettle braai. Once hot, spread the coals into 2 piles, on either side of the drum.

For the Rooibos Smoking Parcel:

- 4x Rooibos Tea Bags (or Rooibos & Ginger Teabags) brewed in 1 cup of hot water
- +/- 100g Sawdust (about 2 Cups)
- Tin foil

Create a parcel by placing the saw dust in a piece of tin foil. Pour half of the rooibos tea over the saw dust and mix it so that it is just moist. Wrap up the sawdust into a parcel, and poke holes on the top. (This allows the smoke to escape when it is on the Weber). Repeat this process so that you have 2 parcels.

Place the smoke parcels on the hot coals, 1 on each side. Seal the Braai.

For the Trout:



1 Trout Fillet (+/- 1.2kg: c-trim fillet)

Add a touch of salt to the trout. Place the trout skin side down centered on the grid. Close the lid and allow to smoke for 15 – 20mins, until just cooked. (the flesh will flake easily, be a beautiful smoked orange colour).

For the Slaw:

- ¼ Red Cabbage, finely sliced/shredded
- ¼ White Cabbage, finely sliced/shredded
- 3x Grated Carrots, grated
- ½ Red Pepper
- 1 Tbsp Trim mayonnaise
- ½ a creamy Avocado
- Drop of Milk
- Sesame Seeds

Mix the cabbages & carrots in a bowl.

Mix the mayo, avo and milk together. Mix into the shredded slaw, add salt and pepper to taste. Top with red peppers and sesame seeds.

Warm Citrus & Rooibos Dressing:

- 2 Oranges
- 1 Cup strong Rooibos Tea (4x teabags to 1 cup water)
- 4 Tbsp Vinegar (White Grape or White Rice)
- 2 Tbsp Honey
- A drizzle of Olive Oil
- Salt & Pepper

Boil all the ingredients in a pot until flavours have combined, and reduced slightly. Place into a jar, shake it up and pour over salad and trout.