

MI CUIT OF TEST TROUT

with romesco sauce, pappardelle of courgettes & lobster bisque caviar

Mi Cuit of Trout

1 side of Test trout
300g table salt
150g sugar
Vanilla pod or essence
100g Armagnac
5 white peppercorns
1 star anise
500 ml pomace olive oil to cook

Method

Mix the salt, sugar and vanilla pod and leave in a shallow tray. Clean the trout by taking the skin and fat off. Cut into 40g pieces of fish. Place the trout on a clean tray containing half the salt mix and pour the Armagnac over the fish. Cover the fish with the rest of the salt mixture and leave for 20 minutes. Then wash the salt mix off, heat the oil to a temperature of 45°C, no more, no less. Put the clean trout into the oil for 15 minutes, making sure that the temperature is a constant 45°C.

Romesco Sauce

5 red peppers
100g brioche
30g whole blanched almonds
100ml olive oil
1 shallot
Salt & pepper

Method

Cut up the peppers roughly with the brioche and put this in a tray to go in the oven. Add the nuts then cook at 180°C for 8 minutes or until just golden brown. Remove from the oven and put into a food processor and start to emulsify the oil into it. Once all the oil has been added, season and pass through a fine sieve. Leave this to one side, as it will be served at room temperature.

Lobster Bisque Caviar

1 head of fennel
1 Spanish onion
1 stick of celery
1 leek
1 whole lobster shell
2 tbs tomato purée
100 ml brandy
500 ml fish stock

2g sodium alginate
10g calcium chloride

Method

Roughly chop the fennel, celery, leek and onion. Add this to a hot pan and cook until lightly browned. Add the alcohol and flambé until reduced to nothing. Add the tomato paste and cook

for 2 minutes. Add the lobster shell and fish stock. Cook on a low heat for 1 hour. Take off the heat and pass through a fine sieve, then leave to cool.

Put 100 ml of cold bisque into a bowl and slowly whisk in the sodium alginate. This should start to thicken. Mix the calcium chloride in 500 ml of fresh water. Then, very slowly, drop the bisque mix into the solution one drop at a time. This will create a chemical reaction, sealing the outside of the droplets while the centre remains liquid. Leave for 3 minutes and drain. Wash the caviar under cold water to remove the chalky texture.

To serve

To finish the dish, slice some courgettes lengthways into 'pappardelle' and cook in boiling water for 3 minutes. Remove the trout from the oil and lay on a cloth to drain, before serving with some romesco sauce. Finish with the caviar.