



SEA TROUT WITH BASIL & COURGETTE PUREE

Basil and Courgette puree

4 bunch basil
6 large Courgette
Crème fresh

Method

Blanch the basil and re fresh in cold water. Remove the green outside skins of the Courgette about 1/2 cm thick. Blanch them in seasoned water then blend for six mins on full, with the refreshed basil, pass and chill. Before service, knock back with crème fresh.

Citrus Cure

1500g of salt
1500g of sugar
20g coriander
1 grape fruit zest
1 orange zest
2 lime zest
1 lemon zest
10g pink peppercorns
10g white pepper
5g star anise

Method

Cut the sea trout into even portions. Place under salt cure for 20 minutes. Wash off and pat dry. Gently poach in olive oil at around 50cd for 15 minutes.

Created and expertly demonstrated by Luke Holder & Richard Lloyd at CookeryDemo.co.uk's Charity Chefs' Challenge on 12th July 2010.