

Trout Gravadlax

Trout Gravadlax is a quick and easy alternative to smoked salmon. It is a great recipe for a light lunch or starter. The recipe will serve 4 diners, take 20 minutes to prepare plus marinating. 300 calories per serving.

Ingredients:

50g (2oz) sea salt.
30g (1 1/4oz) caster sugar.
1tsp coarsely ground black pepper.
15g (1/2oz) bunch dill.
2tsp Cognac.
4 trout fillets, approx 120g (4 1/2oz) each, all bones removed, skin on.

For the Salad:

1dsp Dijon mustard.
1tsp caster sugar.
1dsp white wine vinegar.
3dsp groundnut or other flavourless oil.
2 shallots, peeled and finely chopped.
300g (10oz) broad beans (shelled weight), blanched, outer skin removed.
1/2 cucumber, peeled, de-seed, half lengthways and thinly sliced.

Tip:

Use surgeon's tweezers (from specialist pharmacies) to remove the small pin bones. When filleting your trout, use a very sharp knife and start from the tail end, keeping it almost flat.

Preparation:

To make the Gravadlax cure, mix together the salt, sugar, black pepper and a few roughly chopped sprigs of dill. Place the trout fillets on a large plate or plastic tray. Sprinkle the Cognac evenly over the fillets and then sprinkle over the salt and sugar mixture. Place a sheet of greaseproof paper over the trout fillets, place a plate or tray on top and then weight down the trout with a couple of tins. Place in the fridge for 24 hours. After this time, wash the trout fillets well under cold water to remove the cure and pat dry.

Finely chop the remaining dill and sprinkle evenly over each trout fillet, pressing down well. Store in the fridge until ready to serve.

To make the salad, place the Dijon mustard, sugar and vinegar in a bowl, stir well then gradually whisk in the oil. Add the shallots, broad beans and cucumber and mix well.

To serve, thinly slice the trout fillets from the tail end. Divide evenly between the plates, along with the broad bean and cucumber salad, and serve. The Gravadlax will keep for 4 days covered in the fridge.

ENJOY!

