

BAKED OCEAN TROUT FILLET





BAKED OCEAN TROUT FILLET WITH POMEGRANATE, LIME AND GINGER GLAZE, LIGHTLY PICKLED CABBAGE

Serves: 4

800g Skinless ocean trout fillet, all bones removed

Sea salt flakes and freshly-milled

Black pepper

1 Tbsp extra virgin olive oil

½ Cup pomegranate molasses

8cm Piece ginger

4 Limes

½ cup vermouth

1 tsp bitters

4 Kaffir lime leaves, very finely sliced

1 Long red chilli, finely diced

1 Stick lemongrass, very finely sliced

2 Tbsp fried shallots

½ Bunch coriander leaves

½ Bunch Thai basil leaves

1 Cup Savoy cabbage, very finely sliced

1 Cup red cabbage, very finely sliced

2 tsp apple cider vinegar

2 tsp avocado oil

1 tsp golden caster sugar

1. Preheat oven to 200°C. Season the ocean trout with salt and pepper. Arrange on a lined oven tray. Pour the pomegranate molasses into a small saucepan. Finely grate half the ginger and squeeze half the limes, then add to the saucepan with the vermouth and bitters. Set over a moderate heat and simmer until thickened.

2. Brush the trout with olive oil then bake for 10 minutes. Baste with the pomegranate mixture. Bake for 5 minutes, then baste again. Bake for a further 5 minutes.

3. Cut the remaining ginger into fine batons and segment the remaining limes. Toss with the lime leaves, chilli, lemongrass, shallots and herbs. Scatter over the fish.

4. Toss the cabbage with the vinegar, oil and sugar, then season generously with salt and pepper.