

Rainbow in a Jar



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This is a brilliant and nutritious 'on the go' meal or snack! Easy to store for a rainy day or pack in your bag for those last minute fishing missions. Way better than canned fish!

MAKES:

2 x 230ml

INGREDIENTS:

Fish

- 1 trout (2 fillets), skin on
- 1 bay leaf, halved
- 2 cloves garlic, peeled

Brine

- ¼ cup apple cider vinegar
- ¼ cup water
- 1 tsp soft brown sugar
- 1 tsp kosher salt
- 4 fronds fresh dill
- 10 gourmet peppercorns
- ¼ tsp whole mustard seeds

INSTRUCTIONS:

1. Sterilise 2 pickling jars and lids by boiling for 15 minutes. Then dry them in a hot oven for 10 minutes.
2. Tightly roll your fish fillets from tail to head with the skin showing. Drop or push each fillet into a jar (depending on the jar size). The idea is to remove as much air in the jars as possible by tightly packing the jars with the fillets. Place half a bay leaf and 1 whole clove of garlic into each jar.
3. To make the brine, in a saucepan add all the brine ingredients, bring to the boil and return to a simmer. Stir and simmer for 2 minutes. Remove from the heat, allow to cool for a few minutes and then pour the brine solution evenly between the jars. Tightly screw the lids on the jars.
4. In a pot, submerge the jars, covering them with 5cm of cold water. Bring to the boil, and boil for a minimum of 3 hours.
5. Turn off heat and allow the water to cool to a manageable temperature then carefully remove the jars from the saucepan and let rest on a tea towel to cool completely.
6. Store in a cool dry place.
7. Tastes great on a cracker!

TIP: If you're reusing any bottling/pickling jars and lids just make sure they're in good condition before use. Nobody wants trout brine juice leaking everywhere!