

Whole Smoked Brown Trout



Chef: Angelo Georgalli / Photographer: Sally Greer

Classic 'I caught my first fish' moment. Nothing beats a freshly smoked brown trout. The pinkish flesh melts in your mouth and will make a convert out of any first timer!

SERVES:

4

INGREDIENTS:

Fish

- 1 large whole trout, head removed, gutted, skin on and descaled
- 4-6 pinches of flaky salt
- 50ml pomegranate molasses
- 6 pinches of smoked paprika
- 4 pinches of yellow mustard seeds
- 10 fronds dill, chopped
- 10 parsley leaves, chopped
- 10 sprigs thyme, chopped
- 6 mint leaves, chopped
- Zest of 1 lemon
- 1 clove garlic, sliced
- 1 red chilli, deseeded and sliced or alternatively use ¼ red capsicum (optional)

To Serve

- Salad or greens

INSTRUCTIONS:

1. Set up your smoker.
2. Start by butterflying the whole trout. Once butterflied, pat the flesh dry with a paper towel. Place the butterflied trout skin-side down onto baking paper.
3. Sprinkle flaky salt and drizzle pomegranate molasses over the flesh. Continue by sprinkling smoked paprika, mustard seeds, chopped fresh herbs, lemon zest, garlic and chilli evenly over the fish.
4. Place in the smoker for about 15 minutes, checking every so often to see if it's cooked through.
5. Serve with salad or greens.

TIP: To butterfly the trout, run the knife down one side of the backbone, this way the backbone can be removed easily once cooked.