

Trout or Salmon Escabèche



Escabèche is a style of cooking popular as a national style of dish in pretty much all countries that Spain colonised. There are many versions but all share the style of producing a dish that typically uses vinegar, aromatics, usually Spanish paprika and olive oil.

The taste of fresh herbs along with this preparation is perfect for our New Zealand summer.

INGREDIENTS:

- 500g fresh Trout or Salmon cut into half thumb size pieces
- A teaspoon salt

The Escabèche broth:

- 2 teaspoons paprika (the Spanish sweet Pimenton is best)
- ½ a small red onion finely diced
- 1 carrot peeled and sliced as thinly as possible
- 50ml virgin olive oil
- 50ml white wine or cider vinegar
- 50ml water
- Juice of two lemons
- 1 tsp coriander seeds
- 2 garlic crushed cloves
- A few sprigs fresh thyme
- 2 fresh bay leaves
- 1 tsp liquid honey
- A grind of black pepper

INSTRUCTIONS:

1. To serve, fresh bread, a cupful of loose fresh garden herbs along with some garnishes such as cucumber or avocado. Mayonnaise can be used as a spread on your bread.
2. Cut the trout into ½ thumb sized pieces, sprinkle over salt, cover with kitchen paper and leave for 15 minutes. Pat dry.
3. Bring to boil the broth ingredients, simmer for 5 minutes, pour over the salmon pieces, cover to let salmon cook somewhat, not more than a minute or two, allow to cool a little. At this stage you can pour off the liquids and boil down to reduce until you have a thicker sauce, pour back over the fish, cover and chill.
4. Serve with fresh or toasted bread, plenty of fresh herbs and garnish of your choosing.