

Miele

Moroccan trout

By Maggie Beer

15 minutes

Preparation time

6-8 minutes

Cooking time

6 servings

Serves



INGREDIENTS

6 x 160 g ocean trout fillets, pin boned and skin off
1½ cup Maggie Beer's Scullary Made wine and roses tea or quality rosehip and hibiscus tea
6 tsp currants
6 tsp sultanas
4 golden shallots, peeled and sliced
Zest of half an orange, finely julienned and blanched
1 tsp sugar
½ cup plain flour, for dusting
2 tsp ras-el-hanout spice blend
Juice of one lemon
1½ tbs pine nuts, roasted
Extra virgin olive oil

METHOD

1. Pre heat Oven on Fan Plus at 180°C.
2. Strain tea and add half of the tea to the currents and sultanas to soften.
3. In a frying pan, heat a small amount of olive oil on medium-high heat, Induction setting 7 and saute the shallots until transparent. Take off the heat and add the remainder of the tea, orange zest, sugar, lemon juice and tea with rehydrated fruit. Bring this poaching liquid to a simmer for 3 minutes on medium heat, Induction setting 6.
4. Mix flour and ras-el-hanout together and coat both sides of fish. Season with salt. Heat frying pan on medium-high heat, Induction setting 7. Add olive oil and sear both sides of the fish until golden in colour.
5. Place seared fish into an Oven dish and pour poaching liquid over the top, scatter with fruits and shallots and place on shelf position 2 and Bake for 6 minutes or until just cooked.

To serve

1. Serve the fillets on a warmed plate. Using a slotted spoon sieve out the sultanas and currants and place on the fillets. Top with the pine nuts. Add some extra virgin olive oil to the poaching liquid, season and drizzle over the fish.

Notes

- Ocean trout has a fine texture and less fat and is preferred for this recipe however atlantic salmon is easily substituted.