

Miele

Ocean trout with tofu stuffing

By Miele

1 hour 30 minutes

Prep time

7 minutes

Cooking time

10 Servings

Serves



INGREDIENTS

Tofu mushroom stuffing

600g silken tofu, pressed weight

20g cloud ear mushrooms

20g dried shitake mushrooms

20 snow peas

60ml mirin

60ml light soy sauce

1kg ocean trout fillet, skin on and pin
boned

600g tofu mushroom stuffing

5g table salt

50g unsalted butter

50ml dark soy

METHOD

1. Press tofu between two large plates for about 1 hour, to release excess moisture. Soak cloud ear and shitake mushrooms in cold water for 1 hour.
2. String snow peas and cut into fine strips. Blanch briefly in boiling salted water, refresh in iced water and drain.
3. Drain mushrooms, squeeze to remove excess water and cut into thin strips.
4. Heat a drizzle of oil in a saucepan over medium heat. Crumble in the tofu and mix in the mushrooms, stirring continuously. Add mirin, soy sauce and snow peas.
5. Remove from heat and set aside to cool.
6. Place trout on a cutting board, skin side down, and remove the belly. Mark the fillet crosswise into 10 x 80g equal sized pieces.
7. Before cutting off the first piece, make a parallel cut almost down to the skin midway between the edge and the first mark.
8. Cut the first piece off at the mark and spread open. Repeat making 9 more pieces.
9. Place a 60g mound of stuffing in the centre of each piece of fish.
10. Line a solid stainless steel tray with baking paper and place the fish into the tray in a single layer. Lightly season with salt and allow to stand for 20 minutes (for the salt to do its thing).
11. Place a 2g knob of butter on each wing of fish flesh and drizzle the flesh with the dark soy.
12. Steam at 85°C for 7 minutes.
13. Serve with the butter soy cooking liquid that forms in the pan.

Hints and tips

- Cloud ear mushrooms are often labelled as black fungus
- Serve with steamed vegetables of your choice