



# Brown trout

Marco Campanella



## To prepare the curing mix

Mix all of the ingredients well.

## To prepare the brown trout

Remove the skin and bones from the brown trout fillets. Coat each side of the fillets with 180 g of curing mix and leave for approx. 1 hour. Then wash the fish carefully and thoroughly. Portion the fillets. Brush with a little olive oil, place on a plate, cover with foil and cook in the oven at 40 °C (steam) for approx. 4-6 minutes, season with a little salt and serve.

## To prepare the lettuce gazpacho with olive oil

Wash the lettuce, briefly blanch and then plunge into ice-cold water. Blitz all of the other ingredients except the xanthan with the lettuce, season to taste with salt and cayenne pepper. Pass everything through a fine microfibre sieve and thicken with the xanthan. Season to taste once again and strain.

## Rezept für 4

### Ingredients for the curing mix

500 g salt  
350 g sugar  
lime zest

### Ingredients for the brown trout

2 brown trout fillets  
olive oil  
salt

### Ingredients for the lettuce gazpacho with olive oil

1 head lettuce  
1 cucumber  
2 tomatoes  
2 peppers  
1 garlic clove  
80 g spinach  
90 ml olive oil  
10 g lemon oil  
20 g basil  
20 g chervil  
20 g tarragon  
1.5 g xanthan  
cayenne pepper  
salt

### Ingredients for the avocado cream

2 ripe avocados  
2 tbsp sour cream  
salt  
cayenne pepper  
½ lime, juice only



### **To prepare the avocado cream**

Mix all of the ingredients until creamy.

### **To prepare the pickling stock for vegetables**

Bring all of the ingredients to the boil and allow to infuse for 15 minutes.

### **To prepare the marinated kohlrabi**

Cut the kohlrabi into pieces, place in a pre-steamed jar. Pour in the boiling stock and steam at 90 °C for 15 minutes.

### **Anrichten**

Place the cooked fish in a dish, pipe the avocado cream on top of the fish, arrange the pickled kohlrabi on top of the fish. Garnish with dill, chervil and blossom. Pour in the lettuce gazpacho to finish.

### **Ingredients for the pickling stock for vegetables**

15 g sugar  
50 g Mazzetti vinegar  
150 g water  
5 g salt  
tarragon  
10 g mustard seeds  
2 g coriander seeds  
1 bay leaf  
50 g shallots, chopped

### **Ingredients for the marinated kohlrabi**

2 kohlrabi