



# Bavarian trout cooked in rapeseed oil

Jan Hartwig



## Rezept für 4

### Ingredients for the trout

4 trout fillets, 80 g each  
100 ml rapeseed oil  
salt

### Ingredients for the risotto

150 g risotto (acquerello)  
1 shallot  
approx. 500 ml chicken stock  
1 glug white wine  
200 g white cabbage (finely diced and briefly blanched)  
1 espresso spoon of caraway seeds, finely ground  
1 spring onion, cut into thin rings  
1 tbsp crème fraîche  
30 g butter  
30 g parmesan, grated  
juice of 1 lemon  
salt, pepper, cayenne pepper

### To prepare the trout

Place the trout fillets in a deep dish and add the rapeseed oil. Cover with cling film and cook in the combi-steam cooker for approx. 6 mins. at 55 °C until translucent. Remove the fish from the dish and drain on a tea towel, lightly season with salt.

### To prepare the risotto

Finely dice the shallot and sauté in the butter until translucent. Add the rice and cook briefly. Pour in the white wine and gradually top up with the chicken stock. Cook the risotto while stirring and keep adding stock. The rice should be al dente and all the liquid should be absorbed. Mix the white cabbage and spring onion into the risotto and season to taste with the remaining ingredients.



### **To prepare the grapefruit beurre blanc**

Sweat the shallot in butter. Pour in the Champagne and top up with the stock, reduce and top up with cream, bring to the boil, leave to infuse and then pass through a sieve. Mix with crème fraîche and butter in the Thermomix. Season to taste with freshly squeezed grapefruit juice, salt and pepper.

### **To prepare the chive oil**

Mix in the Thermomix for 5 mins. at 80 °C. Hang in a vacuum bag so that the remaining water separates from the oil and rises to the top. Drain the oil (leaving the water in the bag)

### **Anrichten**

For decoration: Curly endive salad with garden herbs.

### **Ingredients for the grapefruit beurre blanc**

1 shallot  
100 g butter  
200 ml chicken stock  
50 ml Champagne  
25 ml Noilly Prat  
1 dash of Forum vinegar,  
pale  
grapefruit juice, freshly  
squeezed

### **Ingredients for the chive oil**

200 ml vegetable oil  
200 g chives