



Lime cured trout, caviar,  
kohlrabi, apple & dill



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## INGREDIENTS:

SERVES 4

### Lime cured trout:

800g filleted trout  
200g mooli  
160g Granny Smith apple  
4g wakame seaweed  
4g edible flowers  
1 lime  
8g black caviar  
80g sea coarse sea salt  
80g sugar caster

### Horseradish and cucumber water:

1 lime  
160g cucumber  
8g horseradish  
20g shallot  
20ml buttermilk  
20ml white wine vinegar  
5g sugar caster  
Pinch of salt

### Dill oil:

150g fresh dill  
100ml olive oil

## METHOD:

1. Dill oil (ideally made the day before): Heat oil to 90°C in a thermomix. Add the dill once temperature is reached and blend on full speed for 5 minutes. Pass through a muslin lined chinois overnight and store chilled in a squeeze bottle or vac pack. Keeps for up to 1 month when vac packed.
2. For the trout: Zest the limes and mix with the salt and sugar.
3. Add 1/3 of the cure mixture to the bottom of a suitable container, lay the trout fillets skin side down and add another 1/3 on top. Turn the trout over and add the remaining 1/3 to the upturned skin side, with more coverage at the head end of the fillet than the tail.
4. Cure for 8-12 hours turning over frequently. Once cured rinse thoroughly in fresh running water, pat dry and chill until needed. During this time, prepare the horseradish and cucumber water.
5. Horseradish and cucumber water: Peel and deseed the cucumber, cut into large chunks. Peel the horseradish and shallot, juice the lime. Add the lime juice, cucumber, horseradish, vinegar, shallot and sugar into a blender and blend until smooth. Pass through a muslin lined chinois and season to taste, reserve in a squeeze bottle until use, keeps for 2 days. Before serving split the sauce with the buttermilk
6. Peel and finely dice the 2 apples, blitz the seaweed, and mix into the apple with a splash of dill oil and juice of 1 lime.
7. Slice the mooli on a mandolin and cut into small rounds using a ring cutter, brush with dill oil.
8. Remove trout from the fridge 1 hour before serving and cut into 1cm cubes
9. Plate the trout cubes, apple mixture and mooli discs, adding the horseradish and cucumber water, garnish with caviar, edible flowers and dill oil.