



SALT-ROASTED RAINBOW TROUT IN FIG LEAVES

Recipe by Josh Niland, see Sydney Seafood School for classes

SERVES 4

INGREDIENTS

- 700g cooking salt
- 240g butter beans, trimmed (see notes)
- 90g hazelnut halves, roasted (see notes)
- 9 figs, prepared how
- 6 x 350g rainbow trout, gilled, gutted and scaled
- 12 fresh fig leaves – supplier?
- 1 cup balsamic vinegar
- 175ml extra virgin olive oil
- Salt flakes and freshly ground white/black pepper, to taste

METHOD

1. Preheat oven to 220°C.
2. Place 2 litres of water in a large saucepan with 100g of the salt and bring to the boil.
3. Add beans, cover and boil for about 2 minutes, until tender. Refresh in iced water until chilled.
4. Drain well, combine with hazelnuts and 3 torn pieces of fig and set aside for garnish.
5. Using paper towel, wipe out the belly cavity of the trout.
6. Sprinkle half of the remaining salt evenly over a flat gastronome metal tray.
7. Place 6 fig leaves, oily shiny side up, on the tray spread out evenly.
8. Place each trout on a fig leaf, then top with remaining fig leaves and sprinkle about 100ml of water over the top leaves.
9. Sprinkle remaining salt on top of trout and leaves, using damp hands to press down gently to form a compact layer of salt.
10. Place tray in the oven for about 8 minutes, or grill on the BBQ until cooked.
11. Once cooked, crack away the salt crust with your hands or a spoon and, starting from the belly side, peel back the skin. Place each fish on a warm plate.
12. Use a spoon to combine balsamic vinegar and oil and spoon a proportionate amount over the beans, hazelnuts and figs.
13. Place alongside trout, sprinkle trout lightly with salt and pepper and serve with a chilled glass of Fox Creek Verdelho.
14. Start eating the trout from the tail end, as at this stage the trout will still be cooking at the thicker shoulder end.

Note: The butter beans used in this recipe are like yellow string beans, also called yellow beans or wax beans, not the canned large cream-coloured beans. Toast hazelnuts in a dry frying pan for a couple of minutes, tossing gently to prevent them burning, or under a griller (but watch them closely). Wrap in a clean, dry tea towel while still hot and rub vigorously to remove most of the skins.

WINE MATCH: FOX CREEK VERDELHO

A rich, luscious palate of Beurré Bosc pear, golden peach, kaffir lime and nectarine, finishes with hints of lime juice cordial and a grapefruit acidity that adds focus to the wine. The creamy mid palate and seamless textural finish allow the wine to be the perfect partner with food.



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