

Summer *starter*

This recipe, by Fabio Miani, senior sous chef at Le Bouchon Hotel and Brasserie, serves six and would go beautifully with a glass of chilled Sauvignon Blanc. Perfect on a hot summer day!



Method

First, make the recipe components:

- 1 Mix all the apple brine ingredients in a pot and bring to the boil, when boiling remove pot from heat and let cool down completely.
- 2 Mix all the pickling liquid ingredients and bring to boil, once boiling remove from heat and cool completely.
- 3 Ask your fishmonger to clean the trout for you or buy ready cleaned portions. Cut desired portions and once the apple brine is cold, lay the trout portions in the apple brine, cover and refrigerate overnight.
- 4 For the garnish cut the tips off of the asparagus and cut tips in half again. Place in 100g of pickling liquid, cover and leave overnight.
- 5 Peel the cucumber and cut in 4 lengthwise, core the middle with the help of a small knife.

- 6 Once the cucumber is cored cut the strips into small cubes and place in 150g of pickling liquid, cover and leave overnight.
- 7 For the purée, bring a saucepan of water to the boil, chop the remaining asparagus stems into small pieces and boil in water for about 5 minutes, until soft and tender. Add the almonds to the water and boil with the asparagus for a couple of minutes. Strain, keeping some of the cooking water, and blitz in a food processor. Add some of the reserved water if required for a smooth consistency. Once blitzed, to keep the purée as green as possible, quickly cool in an ice tray.
- 8 To plate, spoon some purée on the plate, place a portion of trout in the middle and garnish with some fresh matchsticks of apple, pickled cucumber and pickled asparagus tips.

*Apple brined trout,
asparagus and almond
purée, pickled asparagus
and cucumber, apple
matchsticks.*

Apple brine

- 340g brown sugar
- 125g fine salt
- 1 litre apple juice
- 2 cinnamon sticks
- 1 teaspoon fennel seeds
- 1½ teaspoon allspice
- 1 teaspoon black peppercorns
- 1 bay leaf
- 6 sprigs of thyme or 1½ teaspoon dried thyme

Pickling liquid

- 50g caster sugar
- 100g white wine vinegar
- 150g water
- juniper berries, peppercorns, star anise, bayleaf

Asparagus and almond purée

- 300g asparagus stems
- 150g ground or chopped almonds
- 30g butter
- salt, pepper

Pickled asparagus

- 20 asparagus tips
- 100g pickling liquid

Pickled cucumber

- 1½ cucumber
- 150g pickling liquid

Use above components to create the recipe:

- 1 small side ocean trout or 2 sides of brown trout
- 2 bunches asparagus
- 1½ cucumber
- 1 green apple
- 150g ground or whole almonds
- 400g asparagus and almond purée

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