

# Smoked trout, cold béarnaise with tomato, orzo with sun-dried tomatoes and parsley oil dressing |

Recipe for 12 tapas



## Description

Interesting recipe with the fish that is smoked during the recipe.

## Note

If you do not have the possibility to smoke the fish yourself, you can cook it as you wish.

## Ingredients

### Smoked trout

- 400 Gr Salmon trout fillet
- 1 Bag(s) Wood chips for smoking
- Salt and pepper
- Vegetable oil

### Orzo

- 250 Gr Orzo
- 12 Unit(s) Sundried tomatoes
- 0.50 Tbsp Balsamique caramel
- Salt and pepper
- Vegetable oil

### Garnish

### Bearnaise sauce

- 200 Gr French shallot
- 100 Ml White balsamic vinegar
- 2 Sprig(s) Tarragon
- 1 Ml Tomato paste
- 1 Unit(s) Egg yolk
- 1 Tsp Dijon mustard
- 150 Ml Peanut oil
- Salt and pepper
- Vegetable oil

### Dressing

- 4 Sprig(s) Parsley
- 125 Ml Olive oil
- 1 Tbsp Dijon mustard
- 1 Tbsp White balsamic vinegar
- Salt and pepper
- Vegetable oil

- 3 Sprig(s) Parsley
- Salt and pepper
- Vegetable oil

## **Preparation**

- Preparation time **30 mins**
- Preheat your **Oven** at **375 F°**

### Prep

Wash the parsley, let it dry and mix in a blender with olive oil.

Prepare your smoking tray (grill, wood, aluminium foil and torch).

Cisel the sun dried tomatoes.

### Trout

Place the trout filets on the grill (skin side), light the wood on fire, let it burn and close the foil when the fire is out.

Smoke for 10 minutes.

Bake in the oven for 5 minutes.

### Bernaise sauce

In a pot, let reduce the vinegar with shallots, half of the pepper and the tarragon. Once the mix is like a compote, remove from heat and let cool down.

Make a mayonnaise: mix the yolk with the mustard and leave aside for 5 minutes. Slowly add the oil while whisking non stop.

Add the Bearnaise reduction and the tomato paste.

Season to taste.

### Orzo

In a pot of boiling water, cook the orzo for 10 minutes.

Drain, rinse with cold water and drain again.

Add the chopped sun dried tomatoes.

Season with the parsley dressing and the balsamic vinegar caramel.

### Dressing

Mix the mustard with the parsley oil. Season to taste.

Add to the orzo salad.

### Plating

In your plate, put your orzo salad, then a piece of smoked trout.

Decorate with dots of Bearnaise mayonnaise.

Garnish with parsley leaves or young sprouts.

**Bon appétit!**