

Trout confit with olive oil, mashed potatoes with spinach, smoked infused hollandaise |

Recipe for 4 servings

Description

Wonderful balance of flavours and aromas, sure to impress.

Note

The cooking time of the fish will be determined by the thickness of your portions.

Ingredients

Trout

- 4 Portion(s) Salmon trout fillet
- 100 Gr Salt
- 100 Gr Sugar
- 4 Tbsp Olive oil

- Salt and pepper

Mashed potatoes with spinach

- 600 Gr Yukon gold potatoes
- 2 Handful(s) Baby spinach
- 2 Tbsp Butter

- Salt and pepper

Smoke infused hollandaise

- 1 Unit(s) Egg yolk
- 30 Ml Water
- 125 Gr Butter
- 5 Ml Lemon juice
- 2 Drop(s) Liquid smoke

- Salt and pepper

Topping

- 4 Unit(s) Nantaise carrot

- Salt and pepper

Preparation

- Preparation time **60 mins**
- Preheat your **Oven** at **266 F°**

Trout

Mix the salt and sugar together, then cover the trout fillet completely. Keep it in the refrigerator for 30 minutes, then rinse with cold water and pat dry.

Place the trout on a baking sheet, cover with olive oil and bake at 266 ° F for 30 minutes.

Baste regularly during cooking.

Once out of the oven, finish with some freshly ground pepper.

Mashed potatoes with spinach

In a pot of boiling and salted water, wilt the spinach leaves for 2 minutes. Drain then immerse in ice water, to stop the cooking process and maintain the colour, drain again.

Place the potatoes in a stock pot of cold salted water, add the lemon cut in half, the branches of thyme, then bring everything to a boil.

Make sure that the potatoes are sufficiently cooked by piercing them with the tip of a knife. It should enter easily.

Peel the potatoes with a paring knife when they are still hot.

Place them in a bowl or stand mixer, while you mix them, add the butter and the wilted spinach.

Taste and verify the seasoning, mix again to assure that it is nice and homogenous.

Smoke infused hollandaise

Clarified butter

In a saucepan, let the butter melt very gently at a low temperature. The fat will automatically separate from the whey (the milk solids) that will stay at the bottom. Recover that fat, do not touch the whey.

Sauce

In a bain-marie (double boiler), beat the egg yolks with the water using a whisk. Mix well until the mixture is frothy. Remove the bowl from the water bath and, while mixing, slowly add the clarified butter. If the sauce cools too much during butter incorporation, return it to the water bath for a few seconds. Season with salt and pepper, the lemon juice, and the liquid smoke. Serve immediately or keep warm in a bain-marie.

On the plate

Heat the carrots in a little butter.

Place the mashed potatoes in the bottom of your plates, place the carrots and the trout steak, then cover with the sauce.

Bon appétit!