

Confit of River trout fillets with vegetables potpourri and herbs vinaigrette

Ingredients for 4 persons

Ingredients golden trout

- 4 pcs River trout fillets or 120 g per person
- Salt, black peppermill

Ingredients vegetables potpourri

- 1 pc middle size broccoli split into small roses
- 1 pc zucchini cut into sticks
- 1 pc carrot cut into sticks
- 1 pc fennel sliced
- 1 pc turnip cut into sticks
- 1 pc celeriac cut into sticks

Ingredients Vinaigrette

- 1 Diced tomato
- 50 gr Chopped sun dried tomatoes
- 50 gr Black olives, cut in stripes
- 1 ts Chopped basil
- 1 ts Chopped chervil
- 1 ts Chopped parsley
- 1 ts Sliced chives
- 6 ss Olive oil, extra vergine
- 2 ss White balsamico vinegar
- Black pepper mill
- Fleur de sel

Cooking parameter fish

- Pre heating the oven
- 6 minutes 60°C steam

Cooking parameter vegetables

- Pre heating the oven
- 10 minutes 100°C steam

Preparation vegetables

Peel and cut the vegetables accordingly, and place them on tray.

Steam the vegetables as indicated above.

When finished, remove tray from oven and dip all in cold water.

Dry and put aside

Preparation Vinaigrette

Mix oil and vinegar, season with salt and peppermill.

Add olives and tomatoes and mix well.

Before serving, add all chopped herbs, mix and serve.

Preparation fish

Dress fish fillets on tray and steam as indicated above.

When finished, remove fish from oven and put it aside.

Serving

Reheat the vegetables shortly in the oven, then mix and marinate them in the herbs vinaigrette.

Season with salt and peppermill, and dress the vegetables pot-pourri on warm plates, in the center.

Place the fish fillets on top of the vegetable salad, sprinkle them with olio vergine and rock salt.

Garnish with fresh herbs and rest of the vinaigrette.