

Miele

Buckwheat blini with cured trout

By Miele

1 hour, 30 minutes

15 minutes

10-12

Serves



INGREDIENTS

Buckwheat Blini

65g buckwheat flour, sifted
65g self-raising flour, sifted
15g caster sugar
1 teaspoon Murray River Sea Salt
1 teaspoon baking powder
200ml buttermilk
1 egg, lightly beaten
30g unsalted butter, melted

Citrus cured ocean trout

2 x 400g pieces of ocean trout, pin boned, skinless
250g sugar
250g salt
1 tablespoon coriander seeds
1 tablespoon white peppercorns
2 lemons, juice and zest
2 oranges, juice and zest
50ml vodka
¼ bunch of dill, finely chopped

To Serve

100g crème fraiche
Baby herbs

METHOD

Citrus cured ocean trout

1. In a small pan on medium-high heat, Induction setting 7, toast whole coriander seeds and peppercorns for 1-2 minutes until fragrant.
2. Tip seeds into a mortar and pestle and lightly crush, then transfer to a mixing bowl.
3. Add the remaining ingredients into the bowl and stir until combined.
4. Place a piece of trout into a large vacuum sealing bag and pour over half of the curing mix. Place in the Vacuum Sealing Drawer and seal on setting 2 and vacuum on setting 2. Repeat for the second piece of trout. Refrigerate for 12 hours.

Buckwheat Blini

1. Combine dry ingredients in a mixing bowl. In a separate bowl, whisk together buttermilk and egg.
2. Make a well in the centre of the dry ingredients and pour in the egg mixture, whisking gently to combine.
3. Add the melted butter and whisk into a thick batter free of lumps. Cover and rest batter in the refrigerator for at least an hour.
4. Heat a lightly greased non-stick pan on medium heat, Induction setting 5.
5. Spoon 1 teaspoon of the batter into the pan and flatten into 3cm rounds. Cook until bubbles appear on the surface, approximately 2 minutes then flip and continue to cook for a further minute, or until golden brown.
6. Remove from the pan and cool on cake rack. Continue cooking 4-5 blinis at a time until all of the batter has been used.

To Serve

1. Remove cured trout from the vacuum sealing bag and rinse under cold water to wash away the curing mix, pat dry with paper towel and slice thinly.
2. Arrange room temperature blinis onto serving platters, spoon ½ a teaspoon of crème fraiche onto each blini and top with a curled slice of cured trout, garnish with baby herbs and serve.

Notes

- Blini batter can be made the day before cooking, keep covered in the refrigerator until required.
- Cured trout will keep in an airtight container or vacuum sealed bag in the refrigerator for a week.
- Salmon can be used as a substitute for ocean trout if unavailable.