

**Miele**

# Smoked whole trout with baby rainbow carrots, fennel fronds and caper butter

By Shannon Bennett

**25 minutes**

Prep time

**15 minutes**

Cooking time

**4 Servings**

Serves



## INGREDIENTS

### Trout

4 small rainbow trout  
200g brown sugar  
200g rice  
200g jasmine tea

### Caper butter

2 anchovies  
25g Lilliput capers, soaked in water,  
drained  
2 teaspoons Dijon mustard  
2 teaspoons tarragon, chopped  
2 teaspoons flat leaf parsley, chopped  
¼ bunch basil leaves, sliced very thinly  
20mls lemon juice  
250g unsalted butter, diced  
Murray River Sea Salt and white pepper  
to taste

### To serve

Bronze fennel fronds  
12 rainbow carrots  
Caper butter

## **METHOD**

### **Trout**

1. Pre-heat oven on Fan Grill at 250°C.
2. Line the base of the Induction Gourmet oven dish with foil, shiny side up.
3. Place sugar, rice and tea on the foil and cook covered on high, Induction setting 8, until smoking.
4. Place a small roasting rack in the dish over the smoking mixture and quickly sit the fish on top. Cover with the lid.
5. Transfer the dish to the oven on shelf position 4. Remove the lid and cook for 8 minutes.

### **Caper butter**

1. Combine all ingredients in the bowl of a food processor and blend until almost smooth. Set aside in a dish until required.

### **Carrots**

1. Wash and peel the carrots leaving a small length of the top intact.
2. Place carrots in a perforated steam tray and Steam at 100°C for 4 minutes.
3. Warm the caper butter in a small pan on low heat, Induction setting 4 until melted.

### **To serve**

1. Spread the cleaned fennel fronds onto a serving platter and sit the fish on top.
2. Drizzle warm caper butter over the fish and carrots, serve immediately.