

Miele

Steamed ocean trout, quinoa, Kimchi

By Matt Stone

2 hours 35 minutes

Prep time

50 minutes

Cooking time

4 Servings

Serves



INGREDIENTS

600g ocean trout, skin off
15g salt
5g sugar
1 cup quinoa
1 cup water
1 shallot
1 small piece ginger
1 large green chilli
2 green onions
1 cup kimchi
1 cup mint leaves, roughly torn
1 cup coriander leaves, roughly torn
1 lemon
Olive oil

METHOD

1. Cut the trout into 4 equal sized pieces. Mix the salt and sugar together. Sprinkle over the fish, and then give it a good massage into the fish using your hands. Leave to cure for a minimum 2 hours, the trout can
2. Place the quinoa and water in a solid steam oven tray and steam at 100 °C for 30 minutes, remove and leave to cool.
3. Rinse the fish under cold water, drain well and place on solid steam oven tray lined with baking paper. Place in the steam oven and steam at 60 °C for 20 minutes.
4. Whilst the fish is cooking, peel and finely slice the shallot, ginger, chilli and green onion.
5. In a large mixing bowl, place the quinoa, kimchi, herbs, shallot, ginger and chilli.
6. Add a splash of the juice from the kimchi, to form the base of the dressing. Squeeze in some lemon juice and a dash of olive oil, season and mix well.
7. Remove fish from the steam oven. The fish will easily flake apart. Randomly place the fish and salad on a large plate. Serve warm or at room temperature.