

Cedar Plank Trout



Method

Trout: Nail trout fillets to the board, rub with oil and season with sea salt and cracked black pepper. Lean planks next to open fire but not too close as they will burn. The trout should cook slowly for approx. 15 mins.

Pesto: Paste garlic and almonds together in pestle and mortar, add a splash of olive oil, grated parmesan, spinach and a good squeeze of lemon juice.

Salad: Peel and segment orange and grapefruit. Finely chop onion. Using a potato peeler grate parmesan into shards. Add this to rocket and watercress, dress salad with red wine vinegar and olive oil last minute.

Open Fire Vegetables: Par boil potato until just cooked - test with a knife. Cut corn on the cob in half and wrap in foil. Quarter asparagus and wrap with butter and garlic - serve two stalks per person. Place potato and corn in the embers of the fire and cover. Last min throw asparagus on the embers and cover for approx. 3 to 4 mins.

Plate: When trout is cooked, simply place salad and vegetables on the board. Take corn out of foil and place a knob of butter on top. Place a cross cut in potatoes and squeeze sides and top with sour cream or yogurt. To finish, top trout with pesto. This dish is great with a cold white wine.

Ingredients:

Trout:

4 x trout fillets skin on (pin boned)
4 x planks of wood (untreated)
4 x nails
1 x hammer (or stone)
40ml olive oil
Salt and pepper

Salad:

100g watercress
50g rocket
1 ruby red grapefruit (segmented)
2 x oranges (segmented)
50g fresh parmesan grated
1 x onion white (sliced)
50ml red wine vinegar
50ml good olive oil

Vegetables: (wrapped in foil)

4x large par boiled jacket potato
4x half corn
8 stalks of asparagus with sliced garlic and butter

Pesto:

100g Baby English spinach
40g almonds lightly toasted
2 x cloves garlic
30g fresh parmesan
15ml fresh lemon juice

This was one of my favourite dishes on the show!!

Enjoy

Paul Breheny

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