



Beetroot Cured Sea Trout

INGREDIENTS:

- 2 tsp fennel seeds
- 1/3 cup finely chopped soft herbs, such as chervil, dill, chives or flat-leaf parsley
- Finely grated rind of 1 lemon and ½ orange
- For brushing: Dijon mustard
- 80ml (1/3 cup) buttermilk
- 1½ tbsp extra-virgin olive oil
- 1 tbsp lemon juice, or to taste
- To serve: watercress sprigs, salmon roe (optional), soft-boiled eggs, soft-herb salad and buttered toast

BEETROOT CURED SEA TROUT

- 250g each raw caster sugar and rock salt
- 2 beetroot, coarsely grated
- ½ cup each coarsely chopped fennel tops and dill
- Finely grated rind of 1 lemon
- 50ml gin
- 1 side sea trout (1.2kg), skin off, pin-boned

METHOD:

1. Beetroot cured sea trout: combine all ingredients except trout in a bowl. Spread half the mixture in the base of a non-reactive container large enough to fit trout snugly, place trout on top and spread the remaining mixture over. Cover and refrigerate overnight to cure. Remove trout from cure, brush off any remaining mixture, and pat dry with paper towels.
2. Toast fennel seeds in a small pan until fragrant (30 seconds), then crush with a pestle and mortar. Transfer to a bowl, add herbs and rinds, and mix well.
3. Brush trout lightly with mustard, scatter herb mixture over and press into trout, then refrigerate until required.

4. Whisk buttermilk, olive oil and lemon juice in a bowl to combine and season to taste.
Scatter trout with watercress and salmon roe and serve with dressing, soft-boiled eggs, a soft-herb salad and with buttered crusty toast alongside.

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