

BEETROOT CURED TROUT, CUCUMBER AND APPLE DRESSING

Another excellent recipe by Sian @recipebreakout

Serves 2

Ingredients:

250g Beetroot

50g Sugar

50g Sea Salt

Handful of freshly chopped Dill

2 fresh fillet steaks of ChalkStream Trout

¼ of a Cucumber

75ml Apple Juice

1tbs Apple Cider Vinegar

Radish

Red Onion

Lime

Fresh Thyme Leaves

Method

Prepare the cure by peeling the beetroot and grating into a bowl with the sugar, sea salt and chopped dill. Blitz until smooth using a hand/stick blender. Lay out your trout fillets in a lidded plastic box and cover them well with the cure. Secure the lid and leave in the fridge for six hours to cure.

When ready to eat, make the dressing by chopping the cucumber into a bowl with the apple juice, the apple cider vinegar, and a pinch of salt. Blitz until smooth. For an extra smooth sauce you can remove all bits by passing it through a muslin lined sieve.

Finally, carve your fillets into thin slices and lay on a plate, drizzling over some of the dressing with the rest on the side. Finish with some sliced radish, a wedge of lime and some fresh thyme leaves.

