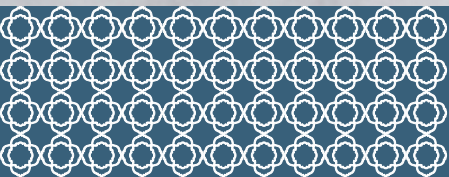


CHARDONNAY

Paired with **CURED TROUT**



FLEUR
DU CAP
Alive with Flair

Wine Notes

Our Essence du Cap Chardonnay is a fruit driven wine, with prominent citrus notes on the nose that opens into tropical fruit aromas, with just a hint of oak spice.



Serves: 4 | Difficulty Level: Challenging

Ingredients

Garlic Emulsion

1x garlic clove, peeled
200ml milk
500ml cooking oil

Trout

1x side trout

Salad

Baby salad leaves, washed
1x ciabatta bread, thinly sliced and toasted
1x lemon, quartered
½ red onion, sliced thinly
A handful of capers

Method

Garlic emulsion

In a blender, mix the milk and the garlic until finely blended. Slowly start to add the oil resulting in a thin stream of oil. We do this to give the mixture time to properly emulsify.

Once the mixture is the desired consistency, stop adding the oil. Then deep fry them.

Trout

A) Trout Ballantine

Pin bone, fillet, and remove the skin from the trout. Cut the prepared trout length ways, lightly salt and roll. Allow it to set overnight. Portion the trout while still wrapped in order to maintain its shape.

B) Cured Trout

Pin bone, fillet, but leave the skin on with the flesh side down in a 5% curing solution for 6 hours. Once cured, slice thinly.

Capers

Grab the handful of capers and squeeze out their liquid thoroughly. Then deep fry them until crispy, and place on a kitchen towel to drain excess oil.

Enjoy this recipe, share your cooking flair with us today #ShareYourFlair