

Smoked Trout

with coconut, lime & red chilli

400gm smoked trout bones removed and broken into pieces
50 gm shredded fresh coconut
2 shallots finely sliced
1 handful fresh picked mint
1 handful of picked coriander
1 telegraph cucumber shaved into ribbons
4 tbs Buxton trout fish roe

DRESSING

100 ml fresh lime juice
50 gm palm sugar
25 ml fish sauce
1 small red chilli
1 clove of garlic
1 small knob of ginger

METHOD

To make dressing in a mortar and pestle put garlic, ginger and red chilli and smash till a fine paste then palm sugar and mix till a paste then add lime jus and fish sauce, it should taste hot sour and salty. To make the salad mix all ingredients together except for the roe, add enough dressing to coat salad ingredients place into salad bowls and finish with fish roe.

By Jarrod (Innocent Bystander, Healesville)

