

Juicy trout with almond butter

Serves 4

INGREDIENTS

For the trout:

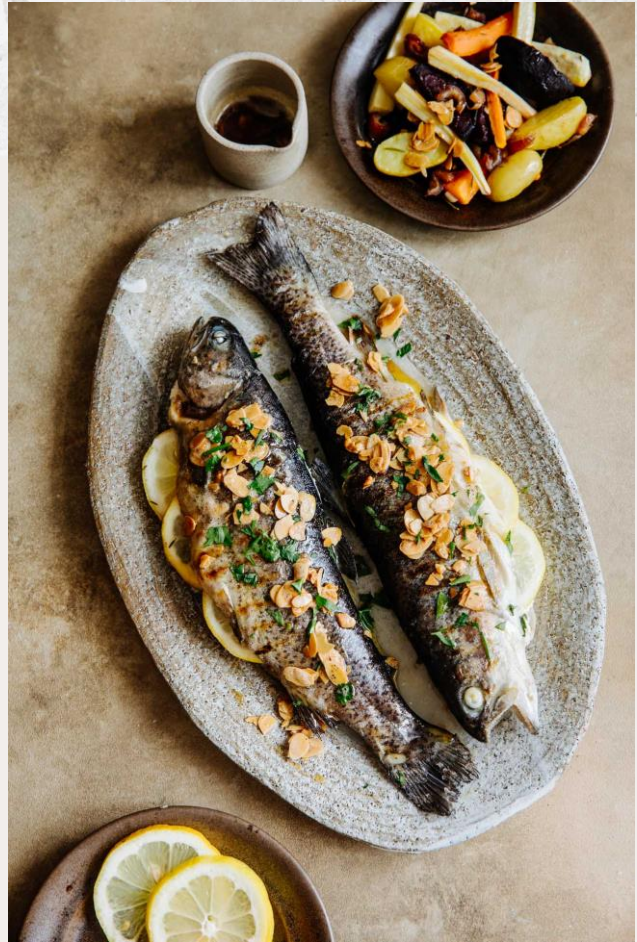
4 ready-to-cook trout (approx.
350 g each)
4 cloves of garlic
approx. 300 g cream cheese
1 bunch of parsley, finely
chopped
2 untreated lemons
flour
salt, pepper

For the vegetables:

2 small beetroot
4 carrots
2 parsnips
approx. 300 g small potatoes
(e.g. triplets)
Juice of ½ half an orange
6 tbsp olive oil
2 tbsp apple cider vinegar
80 g dates, pitted
1 clove of garlic
salt, pepper
4 sprigs each of rosemary and
thyme

For the almond butter:

4 tbsp almonds
3 tbsp butter
a little sea salt for sprinkling



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METHOD

1. Preheat the oven to 180 °C Circo Therm®. For the vegetables, wash and peel the beetroot and cut into thin slices. Wash, peel and halve or quarter the carrots and parsnip lengthways. Wash the potatoes thoroughly and cut in half with the skin on. Cut the dates into rings.
2. Mix orange juice, oil and vinegar to make a marinade. Peel and finely chop the garlic and add to the marinade. Mix together and season with salt and pepper to taste.
3. Spread the vegetables, dates and herbs on a baking tray lined with baking paper. Pour over the marinade. Bake in the preheated oven for about 20 minutes.
4. Wash the trout inside and out with cold water and pat dry with kitchen paper. Season the inside of the trout with salt and pepper. Peel and thinly slice the garlic, season the cream cheese with salt and pepper and mix in the parsley.
5. Wash and slice the lemons. Stuff each trout with 3-4 lemon slices, garlic and cream cheese. Roll well in flour on both sides and set aside.
6. Fry the trout on the griddle or in a pan over a medium heat for 3 minutes on each side until golden brown. Place the trout on the tray with the vegetables and bake at 160 °C Circo Therm® and medium steam for a further 10 minutes.
7. In the meantime, to make the almond butter, toast the almonds in a pan without fat until golden brown. Remove and set aside. Melt the butter and brown lightly. Add the almonds and keep warm.
8. Remove the trout and vegetables from the oven and carry out a cooking test. To do this, pull out the dorsal fin of the largest trout. If the meat is cooked at the bones, the rest of the fish is also cooked.
9. Pour a little almond butter over the cooked trout and sprinkle with a little sea salt. Serve the rest of the almond butter with the trout and vegetables.