

Smoked trout with Lovage cream

Cuisine: **Czech**
Food category: **Other**



Author: **Jakub Svoboda**

Company: **Retigo**



Program steps

Preheating:

99 °C

1	Steaming		Termination by time	00:07 hh:mm	99 °C	80 %	
2	Hot air	100 %	Termination by time	00:45 hh:mm	160 °C	100 %	
3	vložte udírnu - kouř 2						
	Hot air	0 %	Termination by time	00:15 hh:mm	120 °C	70 %	

Ingredients - number of portions - 5		
Name	Value	Unit
chicken eggs	5	pcs
potatoes	0.5	kg
lovage	50	g
coarse salt	1	kg
red wine vinegar	100	ml
olive oil	100	ml
honey	50	g
trout, filleted	250	g
Butter	100	g
milk 3.5%	150	ml
double cream 33%	150	ml
salt	10	g
Salad mix	100	g

Nutrition and allergens

Allergens: 3, 7

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, Cholin, D, E, K, Kyselina listová

Directions

Boil the eggs on the Soft-boiled eggs program or according to step 1 in a perforated GN and cool in ice water.

Pour coarse salt on a full GN and spread the potatoes in their skins on it and bake until soft. Cut the potatoes while they are still hot and scoop them into a bowl with a spoon. Heat the milk, cream and butter. Beat the potatoes, add salt and gradually add the mixture of milk, cream and butter until a silky mashed potato is formed.

We blitz Lovage with water and strain it so that we only have Lovage water without bits of Libeček.

We smoke the trout on the Smoking program - Fish 150g or according to step 3 of this recipe.

Prepare a dressing from olive oil, wine vinegar and honey.

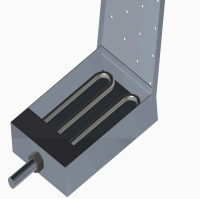
Heat the mashed potatoes in a saucepan and season with Lovage water. Boil water in the second saucepan. Peel the eggs and separate the whites from the yolks. Place the yolks in a bowl of cold water. Place the yolk in hot water before serving. Remove the skin from the smoked trout, cut it into small pieces and heat it up in a warm convection oven.

Put the warm Lovage cream on the bottom of a bowl or a deep plate and make a hole in it with a spoon. Place the

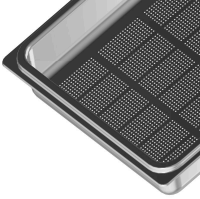
Nutritional value of one portion	Value
Energy	804.3 kJ
Carbohydrate	27.5 g
Fat	21.3 g
Protein	12 g
Water	0 g

heated yolk in the well (it should remain liquid after cutting).
 Spray the yolks lightly with the dressing. Put the salad mixture seasoned with dressing on the yolk and spread 3 pieces of smoked trout around it and serve immediately.

Recommended accessories



Vision Smoker



GN container Stainless steel perforated



GN container Stainless steel full