



Ian Rainbird

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LOCH ETIVE CURED TROUT

INGREDIENTS

1-part shio koji to
10-parts salmon (i.e., 60g
koji, 600g salmon)
Zest of lemon and orange
1 avocado
1 lime
Wasabi paste
1 large banana shallot
Pickling liquid
Westlands plum tomatoes
Tomato ponzu
Pinch of sunflower, sesame
& poppy seeds
Westlands Red Vein Sorrel
and Lemon Balm

METHOD

- 1.** Mix Shio Koji with zest of lemon and orange
- 2.** Place salmon in tub with the mix and cover
- 3.** Marinate for a minimum of 4 hours
- 4.** To make the avocado and wasabi puree, blend together the avocado, lime juice and wasabi to taste
- 5.** Cut banana shallot into rings and add to pickling liquid to pickle overnight
- 6.** Dehydrate plum tomatoes overnight, and rehydrate in tomato ponzu
- 7.** Lightly toast the seeds in a hot oven
- 8.** Blow torch the salmon then plate up the ingredients and garnish with Red Vein Sorrel and Lemon Balm

PREP TIME | 30 minutes

MARINATE OVERNIGHT

READY IN | 1 day