

ROCKPOOL

SEARED OCEAN TROUT WITH CHARRED CORN, JALAPENO, LIME, CORIANDER AND GINGER

Serves 4 - 6

INGREDIENTS

360g (approx.) skinless sashimi grade ocean trout fillets

Vegetable oil

1 corn cob, husk and fibres removed

1 tablespoon pumpkin seeds

½ lime, peeled, white pith removed, cut into 1cm pieces

½ fresh jalapeno, cut in half lengthways, seeds removed, then finely sliced into half moons

CORIANDER AND GINGER DRESSING

½ cup olive oil

2 tablespoons freshly squeezed lemon juice

2 teaspoons sea salt

1 teaspoon caster sugar

¼ cup coriander leaves, finely sliced

2 teaspoons ginger, peeled and finely grated

PREPARATION

For the ocean trout, add just enough vegetable oil to coat a very hot pan, and sear the fillet for a few seconds on all sides. Allow to cool completely before cutting into 5mm slices.

For the corn, cook on a grill on medium heat until the kernels are nicely charred. Some kernels will be blackened while others will remain golden. Carefully slice the kernels off the cob while keeping some in chunks.

For the pumpkin seeds, simply toast in a hot, dry pan until golden.

For the dressing, combine all ingredients and mix well until the sugar has dissolved. Taste and adjust seasoning as necessary.

To serve, layer 5-6 ocean trout slices on the plate with the edges slightly overlapping. Scatter over the charred corn, jalapeno slices, toasted pumpkin seeds and lime segments. Drizzle over about 2 tablespoons of the dressing.

