



Peacock Hill Vineyard

HUNTER VALLEY NSW

29 PALMERS LANE POKOLBIN NSW AUSTRALIA 2320

+61 (0)2 4998 7661

INFO@PEACOCKHILL.COM.AU

Cider Poached trout with mustard –chive crème fraîche ...adapted from "Gourmet Traveller" many years ago (serves 4-6)

Ingredients

Mustard crème fraîche

- 1 bunch chives, finely chopped
- 2 teaspoons wholegrain mustard (*we like French*)
- 250g crème fraîche

Fish

- 750ml dry apple cider (*we like a Bilpin cider*)
- 3 sprigs of thyme
- 3 french shallots, thinly sliced
- 6 black peppercorns, slightly crushed
- 2 fresh or dry bay leaves (it doesn't really matter in this recipe because of the short cooking time)
- 6 x 200g ocean trout fillets (*we use salmon when it is harder to get trout but trout truly is wonderful*), skin off & pin-boned

Cucumber, apple and dill salad

- 4 small Lebanese cucumbers
- 3 granny smith apples (*quartered, cored and thinly sliced*)
- 2 teaspoons of lemon juice
- 1½ tablespoons of olive oil
- S&P to taste

Method

1 - To make the mustard crème fraîche:

Place all ingredients into bowl, season to taste, combine well. Cover and refrigerate till needed.

2 - To prepare the fish:

Place cider, thyme, bay leaves, shallots and peppercorns into a large deep frypan and bring to the boil, then simmer over low heat for 10 minutes.

Add trout and simmer gently 2 minutes (*we did per side and it depends on how thick the pieces are*).

Use an egg slice to turn (*as it is quite delicate*)

Remove pan from heat and stand, covered, for another minute for medium rare or until cooked to your liking. (*Use a skewer to test or flake a little off one end*).

Remove fish from cooking liquid and discard the liquid.

Top with some crème fraîche and serve with cucumber, apple and dill salad.

3 - To prepare the salad:

Mix the lemon with the olive oil

Using a vegetable peeler, shave cucumber into thin ribbons lengthwise, discarding seed cores and combine in a bowl with apples.

Toss gently with lemon and oil comibito coat and prevent oxidation of apples.

Add dill, S&P.

**Plate up and...RELAX and ENJOY with a glass of well chilled
2018 Chardonnay.**