

Trout Escabêche with Niçoise Salad

Serves 4

INGREDIENTS

- 4 rainbow trout fillets
- 1 small onion (thinly sliced)
- 1 clove garlic (thinly sliced)
- 250ml white wine vinegar
- 150ml light olive oil
- ½ cup caster sugar
- zest of ½ a lemon
- 1 bay leaf
- salt/pepper

Salad

- 4 kipfler potatoes (boiled & sliced)
- 2 tomatoes cut into wedges
- 4 eggs (boiled)
- 12 asparagus spears (cooked)
- Olives
- Mayonnaise
- salt/pepper
- Olive oil



METHOD

Trout Escabêche: Fry trout fillets, skin side down until half cooked. Set them aside to cool.

Sauté onion and garlic in a little olive oil on low heat until softened. Add remaining ingredients and heat until sugar has dissolved. Season with salt and pepper, then pour over the trout fillets and leave them to pickle for 12-24 hours.

To Serve: Prepare ingredients of the salad and arrange on a plate as per the picture above. Serve with a light and zesty *Farm to Table* Sauvignon Blanc.