

smoked trout

rilette with endive and blue cheese salad

SERVES 6

Says Chef Julian: "A little bundle of smoked salmon and trout that truly looks elegant, and is an excellent app."

For the rilette:

- 4 fresh trout fillets with skin on
- 400 g smoked salmon, thinly sliced
- 1/3 cup crème fraîche or sour cream
- 1 tbsp tarragon, finely chopped
- 1 tbsp chive, finely chopped
- 1 lemon, zest and juice

For the salad:

- 2 endive spears per rilette
- 85 g blue cheese
- 2 tbsp olive oil
- 1 tbsp Dijon mustard
- 1 tbsp honey
- 1 lemon, juiced

1. Preheat oven to 400°F.
2. Sprinkle a little water on to a parchment-lined baking sheet.
3. Place trout fillet, skin side down, on baking sheet. Season with salt and white pepper. Bake until trout is opaque in centre, about 7 minutes.
4. Cool. Remove skin from trout and flake into a bowl. Combine flaked trout with crème fraîche, chopped herbs, lemon juice, and zest.
5. Blend ingredients with spatula (I prefer to use my hands) just until a coarse paste forms (do not over process).
6. Line a medium-sized ramekin with leaves of smoked salmon.
7. Fill the ramekin with the trout mixture and fold over the excess smoked salmon to form a tight parcel.
8. Refrigerate for at least 1 hour (can be stored for up to 2 days).

Salad: Combine olive oil, mustard, honey and lemon in a bowl. Slice endive into fine shards and add to the dressing along with the cheese. (Poplar Grove Tiger Blue is my favourite). To serve, turn rilette carefully out of the ramekin. Dress with endive salad, drizzle with excess dressing.

easy easy pasta dough

SERVES 4

Chef Julian Bond says that this is a foolproof recipe for pasta. It calls for regular flour — and the use of a food processor makes mixing it a breeze.

- 250 g flour
- 3 pinches salt
- 4 egg yolks
- 1 egg
- 1 tbsp olive oil
- 50 ml water

1. In a food processor, place flour, salt, egg yolks, egg. Using the pulse button, blend mixture to the consistency of cornmeal.
2. Slowly add the water and olive oil and mix but do not allow the mixture to turn into a ball.
3. Turn on to a counter and knead until smooth (approx. 4 minutes). Wrap and rest in the refrigerator for 20 minutes. Roll out and use as required.

We tend to think that a cutting board used for meat or poultry needs a really good scrub, but used for potatoes or other vegetables, just a cursory wipe. Not so. Beware of cross contamination. Both need equal cleaning. To stop your cutting board from sliding around, place it on shelf liner.

BROWN SUGAR
GONE HARD? ZAP IT
FOR 10 SECONDS IN
YOUR MICROWAVE.

Simulate a barbecue in your kitchen with a ridged, cast-iron grill pan. The ridges will keep your steak off the bottom of the pan, but it will have some professional-looking stripes, made by the high heat of the pan. □