

# Brook trout with avocado dip and purple curry dip

Cuisine: German

Food category: Fish



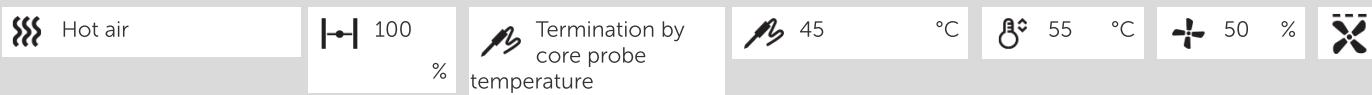
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## Program steps

- 1 In dem auf 42 °C vorgewärmten Öl konfieren



## Ingredients - number of portions - 2

Name	Value	Unit
brook trout fillet	200	g
shallot	2	pcs
olive oil	1	l
avocado	1	pcs
crème fraîche	1	pcs
whipped cream 33%	1	pcs
lemon	1	pcs
purple curry	1	pcs
noilly prat	20	ml

## Nutrition and allergens

Allergens: 7

Minerals: Ca, Co, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	160 kJ
Carbohydrate	0 g
Fat	5.3 g
Protein	28 g
Water	0 g

## Directions

Brook trout: Put about 2 cm of olive oil in an insert and cook exactly. Heat to 42°C.

Separate the fresh brook trout fillets from the belly flap and remove the bones. Refrigerate the sections. Place the fillets in the preheated oil and confit for 45 minutes. Tip: At 42°C the fish is only lightly confited! Increase to 45°C if necessary. From around 48°C onwards, protein begins to emerge.

Avocado cream: Halve an avocado and remove the stone. Remove the pulp with a spoon and place it in a narrow container along with a large tablespoon of crème fraîche. Tip: The diameter of the container should only be slightly larger than the hand blender. Now mix everything together and season with salt, cayenne pepper and lemon juice as desired.

Purple Curry: Lightly fry the fish sections with the shallots, deglaze with Nolly Prat and top with whipped cream. Let the whole thing simmer gently for about 20 minutes.

Strain the sauce using a fine sieve and reduce to the desired consistency. Shortly before serving, mix in plenty of Purple Curry with a hand blender until the sauce has a strong color. For a little crunch, this dish can be garnished with potato straw, chopped peanuts or wasabi nuts, depending on your taste.