

Manu's Ocean Trout 'Coulibiac' en Croute



Preparation time: 85 mins

Serves: 6 people

User Rating: ★★☆☆☆

Publication: 1 April 2019

Categories: Dinner Recipes



Ingredients

- 30ml olive oil
- 30g butter
- 150g long grain rice
- 1 teaspoon cumin seeds
- 1 teaspoon coriander seeds
- 400ml fish stock
- Grated rind of 1 lemon
- 4 shallots, finely chopped
- 250g button mushrooms, thinly sliced
- 6-8 silver beet stalks, core removed and green leaves shredded
- 10g finely chopped fresh parsley leaves

- 5g dill, finely chopped
- 800g side of ocean or king trout, skin off and pin boned
- 2 sheets ‘Careme All Butter Puff Pastry’, thawed
- 4 soft boiled eggs, cut into 1cm thick slices
- 1 egg, beaten for egg wash

DILL CREAM

- 300g crème fraiche
- 10g dill, finely chopped
- 5g finely grated lemon rind

Method

1. Heat a large deep, frying pan over a high heat, add half the olive oil and butter and when foaming, add the rice, cumin and coriander seeds, cooking for 1 minute, stirring occasionally. Pour in the stock, grate over lemon rind, cover and bring to the boil. Reduce heat to low and simmer for 10 minutes or until the rice is tender. Remove from heat and set to one side to cool completely.
2. Heat a large frying pan over a medium high heat. Add the remaining olive oil and butter and when foaming, add the shallots and sauté for 2-3 minutes or until translucent. Add the mushrooms and silver beet and cook for 5 minutes, stirring occasionally. Add mushroom mixture to the rice along with parsley and dill. Mix to combine and season with sea salt and pepper to taste.
3. Preheat an oven 220C. Lay the first sheet of pastry on a sheet of baking paper or a silicone baking mat. Spread ½ of the rice, in a rectangle shape on the centre of the pastry, leaving a 3cm boarder, you want it to be a bit bigger than your piece of ocean trout, then place the fish on top. Arrange the egg slices over the fish and press on the remaining rice. Brush the edge of the pastry with egg wash. Cover with the second sheet of pastry and press to seal, ensuring to press out any excess air. Cut the edges into straight lines, seal by folding the base sheet into the top sheet using a pressing and pinching motion and decorate as desired. Brush with remaining egg wash. Slide onto a tray and bake for 20 minutes at 220C, then drop the oven to 180C and cook for a further 20 minutes, spinning the tray in the oven if required, to ensure all sides are cooked evenly or until the pastry is golden and puffed.
4. For the dill crème, place all ingredients in a bowl and mix to combine. Season with sea salt and pepper to taste.
5. To serve, cut the coulibiac into thick slices and place on serving plates with a dish of dill crème on the side. Add a salad if desired.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
488g	4180kJ 999kcal	38.6g	75.7g	31.5g	39.7g	2.9g	860mg	4.7g

All nutrition values are per serve.