

## Trout or Salmon Escabèche

Escabèche is a style of cooking popular as a national style of dish in pretty most all countries that Spain colonised. There are many versions but all share the style of producing a dish that typically uses vinegar, aromatics, usually Spanish paprika and olive oil.



### Ingredients

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500gms fresh Trout or Salmon cut into half thumb size pieces  
1 tsp Salt



#### The Escabèche broth:

2 tsps paprika (the Spanish sweet Pimenton is best)  
½ small red onion finely diced  
1 carrot peeled and sliced as thinly as possible  
50ml virgin olive oil  
50ml white wine or cider vinegar  
50ml water  
Juice of two lemons  
1 tsp coriander seeds  
2 garlic crushed cloves  
A few sprigs fresh thyme  
2 fresh bay leaves  
1 tsp liquid honey  
A grind of black pepper

### Preparation method:

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1. To serve, fresh bread, a cupful of loose fresh garden herbs along with some garnishes such as cucumber or avocado. Mayonnaise can be used as a spread on your bread.
2. Cut the trout into ½ thumb sized pieces, sprinkle over salt, cover with kitchen paper and leave for 15 minutes. Pat dry.
3. Bring to boil the broth ingredients, simmer for 5 minutes, pour over the salmon pieces, cover to let salmon cook somewhat, not more than a minute or two, allow to cool a little. At this stage you can pour off the liquids and boil down to reduce until you have a thicker sauce, pour back over the fish, cover and chill.
4. Serve with fresh or toasted bread, plenty of fresh herbs and garnish of your choosing.