

UCCOOK

Smoked Trout Ribbon & Potato Rösti

with dill crème fraîche

Hands-on Time: 40 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Jenna Peoples

Wine Pairing: Doos Wine | Doos Pink 3L

Nutritional Info	Per 100g	Per Portion
Energy	516kJ	2196kJ
Energy	123kcal	525kcal
Protein	5.7g	24.1g
Carbs	11g	47g
of which sugars	1.5g	6.4g
Fibre	2.4g	10.3g
Fat	6.4g	27.2g
of which saturated	3g	12.7g
Sodium	288mg	1226mg

Allergens: Sulphites, Egg, Fish, Gluten, Tree Nuts, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato <i>rinse & peel (optional)</i>
10g	20g	Almonds <i>roughly chop</i>
50ml	100ml	Crème Fraîche
3g	5g	Fresh Dill <i>rinse, pick & finely chop</i>
30ml	60ml	Self-raising Flour
20g	40g	Green Leaves <i>rinse & roughly shred</i>
50g	100g	Cucumber <i>rinse & peel into ribbons</i>
20g	40g	Radish <i>rinse & cut into rounds</i>
20g	40g	Pickled Onions <i>drain & thinly slice</i>
1	2	Smoked Trout Ribbons

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Tea Towel
Egg/s

1. PREP THE POTATO Grate the potato and place in a clean tea towel with a pinch of salt. Leave it to sit for 5-10 minutes while the salt draws out some of the moisture.

2. FOR CRUNCH & FRESHNESS Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside. Place the crème fraîche into a small bowl and mix through $\frac{3}{4}$ of the dill and some seasoning. Set aside.

3. READY THE ROSTI Close up the tea towel with the potato inside, and tightly squeeze out as much liquid from the potato as possible. Discard the liquid. Transfer the potato to a clean bowl. Add the flour, $\frac{1}{2}$ [1] egg and seasoning. Mix until combined. Set aside.

4. FRY, FLIP & FRY Return the pan to medium-high heat with a drizzle of oil. Roughly divide the batter into 2 [4] equal parts. Add enough for 1 rösti to the hot pan and spread out until about 5mm thin. Use the back of a spoon or a spatula to flatten in the pan. Fry until golden brown, 2-3 minutes per side. Get ready to flip! Cover the pan with a chopping board or a plate. Flip the pan quickly (and with confidence!), so the rösti flips onto the board or plate. Add another drizzle of oil to the pan and slide the rösti back into the pan, so the uncooked side is on the base of the pan. Fry further until golden brown, 2-3 minutes. Remove from the heat and drain on paper towel. Repeat with the remaining batter.

5. DILL-ICIOUS, CHEF Plate up the golden röstis, topped with the green leaves, cucumber, radish and onion. Add the trout ribbons and finish off with dollops of the dill-crème fraîche. Dig in, Chef!

Chef's Tip For a perfectly crispy rösti, spread the potato mixture into a thin, even layer in the pan. Avoid making it too thick, as a thinner rösti crisps up much better.