

# UCCOOK

## Smoked Trout Ribbon & Potato Rösti

with dill crème fraîche

**Hands-on Time:** 35 minutes

**Overall Time:** 40 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<br><i>rinse &amp; peel (optional)</i>       |
| 10g      | 20g        | Almonds<br><i>roughly chop</i>                     |
| 50ml     | 100ml      | Crème Fraîche                                      |
| 3g       | 5g         | Fresh Dill<br><i>rinse, pick &amp; finely chop</i> |
| 30ml     | 60ml       | Self-raising Flour                                 |
| 20g      | 40g        | Green Leaves<br><i>rinse &amp; roughly shred</i>   |
| 50g      | 100g       | Cucumber<br><i>rinse &amp; peel into ribbons</i>   |
| 20g      | 40g        | Radish<br><i>rinse &amp; cut into rounds</i>       |
| 20g      | 40g        | Pickled Onions<br><i>drain &amp; 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.