

Jasmine tea-smoked trout with spelt salad and wasabi dressing

Ingredients

For the spelt

100g/3½oz raw spelt
300ml/10fl oz chicken stock

For the smoked trout

2 x 150-200g/5½-7oz trout fillets, skin on pin-boned
200g/7oz jasmine tea
1 fillet smoked eel, cut into very thin strips

For the salad

150g/5½oz edamame beans, beans removed from their pods
150g/5½oz fresh peas, removed from their pods
1 punnet pea shoots, stalks removed
2 tbsp chopped fresh coriander

For the dressing

100ml/3½fl oz sour cream
¼ tsp wasabi

Method

1. For the spelt place the stock and spelt into a saucepan and cook according to the packet instructions. Drain and leave to cool.
2. For the trout, put some tin foil in the bottom of a smoker and spread the jasmine tea on top of the foil. Put the fish on a rack over the tea. Cook for 4-8 minutes until the fish is cooked through.
3. Mix together all the salad ingredients and the cooked spelt in a large bowl. Mix together the sour cream and wasabi to make the dressing.
4. To serve, serve the salad in the centre of the plate and top with the smoked trout, pieces of smoked eel and a little dressing.

Preparation time

less than 30 mins

Cooking time

10 to 30 mins

Serves

Serves 2

A spot of quick home-smoking gives delicate tea flavour to the fish, served with raw peas, edamame beans and little wasabi heat.

By Matt Tebbutt
From Saturday Kitchen