



8

SERVES/MAKES



COOKING TIME:
< 15 min



COOKING STYLE:
Fridge

LANCEWOOD® MINI TROUT TERRINES

INGREDIENTS:

250g fresh trout fillets

230 g **LANCEWOOD® Medium Fat Plain Cream Cheese**, at room temperature

Juice of 1 small lemon

30 ml fresh dill, chopped

Salt and freshly ground black pepper

15 – 30 ml milk (optional)

15 ml sunflower oil (to grease pans with)

100 – 150 g cold smoked trout ribbons

Micro herbs for serving

Fresh lemon wedges for serving

Banting biscuits or toast

METHOD:

Place the trout fillets in a medium sized saucepan. Cover with water and heat on the stove. Cover with a lid as soon as the water starts boiling. Leave to simmer for about 8 minutes. Remove from the saucepan and place on a plate to cool slightly. Remove skin and bones and flake the fish. Place flaked fish, cream cheese, lemon juice and dill in a food processor. Season to taste with salt and pepper and process until smooth. Add a little milk so soften the mixture if necessary. Set aside and prepare the mini loaf pans. Brush the inside of 4 mini loaf pans with oil. Line with cling film. Leave a cling film overhang on the edges of the pans. Line each pan neatly with trout ribbons. Press the trout gently into the corners. Leave enough of an overhang so that the ribbons can be folded over the filling, Divide the filling mixture between the 4 pans. Use a teaspoon and even out the filling. Fold the overhanging trout ribbons over the filling and then the overhanging cling film over the trout ribbons to cover. Cover in cling film. Refrigerate for at least 1 hour or ideally 3 hours. You can also leave it in the fridge overnight.

To unmould – remove cling film. Fold open the cling film and turn out on a plate or board. Pull gently on the cling film to unmould, Remove cling film. Garnish with micro herbs and lemon wedges. Serve with banting biscuits or toast.

PRODUCTS USED:



Medium Fat Plain Cream
Cheese

ENJOY!