



# HOT SMOKED RAINBOW TROUT

*One of our favourite traditions is hosting a long lazy lunch on Good Friday with good friends and family. Over the years my hot smoked whole rainbow trout has found its way into the hearts of all, and become an essential for our celebration.*

**Peter Reschke - d'Arry's Verandah Restaurant**

.....

## **RECIPE SERVES 4**

4 Rainbow Trout gilled and gutted

Salt

Sugar

Freshly ground pepper for seasoning

1 lemon sliced

8 sprigs fresh tarragon

Olive oil

## **HOT SMOKED RAINBOW TROUT**

*Wash the trout and pat dry with paper towel ➤ Season the cavity with a sprinkle of salt, pepper and sugar ➤ Fill the seasoned cavity with the sliced lemon and tarragon ➤ Set aside until the smoker is ready.*

*Once the smoker is really hot and smoking like crazy, place the trout on the the smoker racks, drizzle with a little olive oil and rub all over the skin ➤ Turn the smoker on low and place the trout inside and close the door ➤ The smoker should still have a lot of smoke from the wood chips to slowly cook through the trout with a nice subtle hint of smoke ➤ You don't want to over cook or over smoke the trout. After 30 minutes check the trout by trying to remove the fin at the top of the fish. If it comes out easily your trout is ready. If it doesn't come out leave the fish in for another 15 minutes. The timing will depend on the size of your trout ➤ Allow to rest for 10 minutes.*

## **TO SERVE**

*Place the trout on a board and run the tip of your knife along the back from head to tail. Carefully place the tip of your knife under the skin behind the head and carefully lift the skin away from the meat. Lift the fillets away from the bones and serve. ➤ We love to serve it hot from the smoker with nutty rye bread and a home made tarragon mayonnaise.*



DARENBERGWINE



**DARENBERG.COM.AU**

## **d'ARRY'S VERANDAH RESTAURANT**

McLaren Vale, South Australia

Recipe by Pete and Jo Reschke

**darenberg.com.au**

