



Inspiring RECIPES

Chermoula baked sea trout, turmeric roast cauliflower, herbed GEM® tahini cream and pomegranates

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PREP
30 mins

COOK
20 mins

SERVES
4

Anna Hansen, owner and chef at The Modern Pantry, one of London's most loved restaurants, has developed three amazing brunch recipes for us, all with GEM® as the star of the show. This show stopper of a dish might be reserved for celebrations, but we all love an excuse to get adventurous in the kitchen! This would be a great dish for sharing with friends and family over a long bank holiday.



METHOD

For the Chermoula trout:

Debone and trim the sea trout fillets. Mix the remaining ingredients together in a bowl to make the chermoula marinade then smother the fish. Leave to marinate for half an hour then either grill on the BBQ or bake in the oven at 180C for 8 minutes or until the fish is just cooked through.

For Herbed GEM® avocado tahini cream:

While the fish is cooking make the GEM® avocado tahini cream.

Place all ingredients in a food processor and blend until smooth. Check seasoning and acidity and adjust to your liking.

For the turmeric roast cauliflower:

Toss the cauliflower with the turmeric, garlic and some olive oil. Season and roast at 210C for 10 minutes or until starting to caramelise and cooked through. Remove from oven and add lemon zest. Allow to cool a little then add the pomegranate seeds, coriander and a little extra virgin olive oil.

To serve:

Spoon a generous amount of cauliflower on to a plate. Lay the sea trout on top and dress liberally with the herbed GEM® avocado tahini cream.

INGREDIENTS

For Chermoula trout:

800 g sea trout fillet – your prep time will decrease if you ask your fishmonger to debone and trim the sea trout fillets

4 tbsp chermoula paste – Belazu do a great chermoula paste, but if you can't find this in your local supermarket, you should be able to find a chermoula spice blend. Simply mix this with oil until it forms a paste

1 tbsp cumin seed, toasted and ground

1 tbsp fresh ginger, minced

2 tsp fresh turmeric, minced

2 cloves garlic, finely chopped

1 banana shallot, finely diced

zest and juice of 2 lemons

½ bunch flat leaf parsley, chopped

½ bunch coriander, chopped

1 tsp Maldon salt

60 ml Extra Virgin olive oil

For Herbed avocado tahini cream:

1 Gem® avocado, peeled and stone removed

125 ml tahini

250 ml water

20 g mint leaves

20 g coriander including stalks

Juice of 1 lemon

A decent pinch of salt

For the turmeric roast cauliflower:

1 cauliflower, cut in to florets

2 cloves garlic, finely sliced

2 tsp fresh turmeric, minced

Extra Virgin olive oil

1 lemon zest

1 pomegranate, deseeded

1 bunch coriander, chopped