



JEAN CHRISTOPHE
NOVELLI®

TROUT ESCABECHE WITH BEETROOT OIL AND JAFFA ORANGE POWDER

Makes

4

Time

40
Minutes

Level

Simple

Kcal

565
per portion

Our step-by-step guide

Step 1

Crush the coriander seeds and 4 cardamom pods lightly with a rolling pin.

Step 2

Place the crushed coriander seeds and cardamom pods in a hot pan along with 4 shallots, 3 carrots, red and yellow pepper, 2 fennel bulbs, lemon zest, zest and juice of a Jaffa Orange, 3 x tbsp white wine vinegar, 3 x tbsp olive oil, chopped coriander and pinch of saffron cover cook for about 5-10mins until the vegetables are cooked and soft remove from the heat and place in a bowl to cool season well.

Step 3

Score the flesh of each trout, roll up and then put a cocktail stick through to keep the shape. Place the escabeche mix over the trout leave overnight turning when you can.

Step 4

Pre-heat oven to 220, remove the trout from the mixture. With the juice from the escabeche take 2 tbsp, add to the coriander. With a hot pan seal, the trout then add the liquid cook for 5 mins then add the rest of the veg.

Step 5

Meanwhile, For the beetroot oil place 2 raw beetroots, 2 cardamom pods, rind of ½ a Jaffa Orange, 150g of sugar, ½ pint of water then reduce until it becomes a syrup, season slightly.

Step 6

Enjoy!

You will need

- 2 x Jaffa Oranges (zest, juice, and rind)
- 6 x Cardamom Pods
- 4 x Trout Fillets (bones removed)
- 4 x Shallots (thinly sliced)
- 3 x Carrots (thinly sliced)
- 2 x Baby Fennel Bulbs (thinly sliced)
- 2 x Raw Beetroot (peeled and grated)
- 1 x Red Pepper (peeled, de-seeded and sliced)
- 1 x Yellow Pepper (peeled, de-seeded and sliced)
- 150g x Caster Sugar
- ½ x Pint of Water
- 3 x TBSP White Wine Vinegar
- 3 x TBSP Olive Oil
- 1 x TSP Lemon Zest
- 1 x TSP Chopped Coriander
- 1 x TSP of Saffron
- 1 x TSP Dried Coriander
- 1 x TSP Coriander Seeds

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