

Trout from Ondenva

"Plants are seasonal, and so are fish. It's all about seasons and sustainability."

— Sang Hoon Degeimbre

- **Serving:** 4 persons
- **Preparation:** 45 minutes
- **Sustainability:** The trout in the recipe is farmed at the Ondenva farm in Belgium, according to very high standards, and at a low stocking density similar to organic production requirements. When out shopping for trout, look out for the "bio" (organic) label for the most sustainable option.



- 4 fillets of rainbow trout, 75 g each
- 1 ripe tomato
- 4 baby carrots (different colours)
- 5 cl of Bouteville vinegar
- olive oil 1tbsp
- 1 jar of trout roe
- salt and pepper

- Dip the trout fillets in a 10% brine for 10 seconds. Drain immediately and place on a baking tray. Set aside.
- Cut the tomato into pieces and season like a salad with vinegar, salt and pepper. Leave to rest for 1 hour, squeeze and collect the juice.
- Peel your carrots and cook until al dente in boiling water (check the texture with the tip of a knife). Cut them into thin slices.
- Cover the trout with aluminium foil and bake it in the oven at 60°C for 10 minutes.
- Transfer the trout to a plate along with a generous spoonful of trout roe, arrange the carrots around it, pour over the tomato juice, and drizzle with a little olive oil and pistachio oil.