



Meringue lemon salt bake rainbow trout 檸檬瑪令鹽焗鱒魚

Seafood

Ingredient :

- Rainbow trout (boneless) 1 pc

Seasoning :

- White wine 30 ml • Olive oil 20 ml • Lemon leaf 1 pc
- Lemon juice few drops • Salt - little • Pepper - little

Meringue lemon salt ingredients :

- Lemon zest 2 pcs • Dry herb 1 tsp • Egg white 3 pcs • Table salt 1.3 kg

Stuffing :

- Fennel slice 1 pc • Green olive chopped 8 pcs • Thyme - little

Steps :

1. Prepare stuffing. Sauté fennel fry with olive oil, add with green olive and herb until soft, Keep aside.
2. Prepare meringue lemon salt. Whip up the egg white until firm, mix with table salt, lemon zest and dry herb together.
3. Set oven to 🔥 hot air convection mode, preheat to 220°C.
4. Clean the trout fillet and towel dry, season with olive oil, salt and pepper.
5. Place one piece of fillet on baking paper, put the stuffing on top and cover with another side of fillet.
6. Add lemon leaf, lemon juice and white wine, then seal with baking paper, set aside.
7. Place part of meringue salt on the baking paper.
8. Put the packed trout fillet on top of the meringue salt, then cover with remaining meringue salt then sealed.
9. Put it in the preheated oven, adjust the 🔥 hot air mode or upper & lower heating, bake it at 220°C for 35-40 minutes.

Tips :

Bake fillet with salt covered can be heated more evenly.

Appliance:

Electric oven

Cooking Duration:

50 mins (excluding preparation duration)

材料 :

- 彩虹鱒魚 1條(去骨)

調味 :

- 白酒 30毫升 • 欖油 20毫升 • 檸檬葉 1片
- 檸檬汁 少許 • 鹽 少許 • 胡椒 少許

檸檬瑪令鹽材料 :

- 檸檬皮 2隻 • 乾香草 1茶匙 • 蛋白 3隻 • 鹽 1.3公斤

餡料 :

- 茴香頭 1隻 • 青水欖 8粒 • Thyme香草 少許

步驟 :

1. 放欖油炒香茴香頭絲，加入青水欖碎和香草，炒至軟身，製成餡料備用。
2. 將蛋白打起，加入幼鹽，檸檬皮茸和香草攪拌，製成檸檬瑪令鹽備用。
3. 將焗爐調校至 🔥 熱風模式，預熱至200°C。
4. 將彩虹鱒魚柳清洗，抹乾水，用欖油，鹽和胡椒碎調味。
5. 將一邊魚柳放在牛油紙上，放上餡料再放上另一邊魚柳。
6. 加入檸檬葉，檸檬汁，灑上白酒，把牛油紙封口，備用。
7. 把部份檸檬蛋白鹽抹在牛油紙上。
8. 把包裹好的魚柳放上蛋白鹽上，再用餘下的蛋白鹽把面蓋好，封密。
9. 放入已預熱的焗爐內，調校至 🔥 熱風或上下發熱模式，以220°C 焗35-40分鐘。

貼士 :

魚柳用鹽焗方式受熱會比較平均。

電器 :

焗爐

烹調時間 :

50分鐘（不包括預備時間）