

## Salmon trout terrine with watercress sauce



*A recipe by Chef Tito Modugno of Tenuta Castello di Morcote..*

### Preparation



Time required approx. 2 hours



Difficulty High/For professionals



Portion size 4 people

### Features



Dish Fish - salmon trout



Typical product Salmon trout - 0 Km



Suitable in Spring- Elegant dinners

## **Salmon trout terrine with watercress sauce**

### **INGREDIENTS**

#### **Ingredients salmon trout:**

- 500 g salmon trout
- 100 g ricotta cheese
- 1 egg
- 60 ml cream
- salt, pepper, olive oil
- chives
- 1 green courgette
- 1 yellow courgette

#### **Ingredients watercress sauce:**

- 80 g watercress
- 50 g sour cream
- 1 teaspoon mustard
- olive oil and lemon
- salt and pepper
- char roe for decoration

#### **Ingredients for root decoration:**

- 1 mashed potato
- 1 purple potato
- 1 celeriac
- 1 parsnip
- oil for frying

#### **Ingredients for vinegared radishes:**

- 4 radishes
- 1 cinnamon stick
- 2 pieces of star anise
- 3 bay leaves
- 200 ml water
- 200 ml white wine
- 200 ml white vinegar
- 100 g sugar
- salt to taste.

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### **PROCEDURE**

#### **Preparation of salmon trout terrine:**

1. Slice the courgettes thinly lengthways, blanch them and cool them in water and ice. Dry them and lay them side by side on cling film, alternating and slightly overlapping the yellow and green courgette slices.
2. Clean the trout and put it in the blender with the ricotta cheese, egg, cream, oil, salt and pepper. Once blended, add the finely chopped chives.
3. Transfer the mixture into a pastry bag and spread on the courgettes.
4. With the help of the foil, roll the courgettes into a roll.
5. Place the roll in a vacuum bag and steam at 65° for 30 minutes.
6. Leave to cool and cut the terrine into 5/6 cm logs.

#### **Preparation of watercress sauce:**

1. Put the watercress, sour cream and mustard, salt and pepper in the blender and emulsify with olive oil in a drizzle.
2. Keep some cress leaves and shoots aside for decoration of the dish.

#### **Preparing the root decoration:**

1. Thinly slice, with a mandoline or slicer, the purple potato, celeriac and parsnip. Heat the frying oil to 170° and fry the root slices.
2. Prepare the mashed potatoes according to the classic method and put them in a piping bag.
3. For the vinegared radishes, prepare a syrup from: water, white wine, vinegar, cinnamon, star anise, bay leaf, sugar and salt. Boil the ingredients for 20 minutes and then cook the radishes in the syrup for 7 minutes. Allow the radishes to cool and cut them into wedges.

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sauce**

**SERVING**

1. Place the terrine log on the plate and add the mashed potatoes on top using the sac à poche. Decorate the mashed potatoes with the root chips, the acetate radish slices, sprouts and watercress leaves.
2. Pour the watercress sauce onto the plate and finish with the char roe.