

Wild Mull Sea Trout & Shiso Ceviche



Serves: 2

Profitability:

Steps:

To make the marinade, place all ingredients except trout and rocket in a non-metal bowl and whisk well until the sugar is dissolved

Taste and season if desired

Add trout and mix well into the marinade. Leave to rest for 10 minutes, covered, in the fridge

Mix in the mouli and drain off excess marinade

To serve, place rocket leaves in a martini glass or bowl and place trout mix on top. Garnish with shiso, radish, land cress and kabosu wedges

Ingredients:

230g sea trout fillets, skinned, boned and diced into 1cm cubes

Small handful rocket, washed

20g mouli, diced

1 small shallot, peeled and finely chopped

8 shiso leaves (or mix of mint and basil), finely chopped

1 sprig dill, chopped

1 kabosu (or lime), zest

2 kabosu (or limes), juiced

15g palm sugar, finely grated

Handful dry flaked sea lettuce

1 radish, sliced

80ml rapeseed oil

Handful shiso and land cress

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