



fresh produce

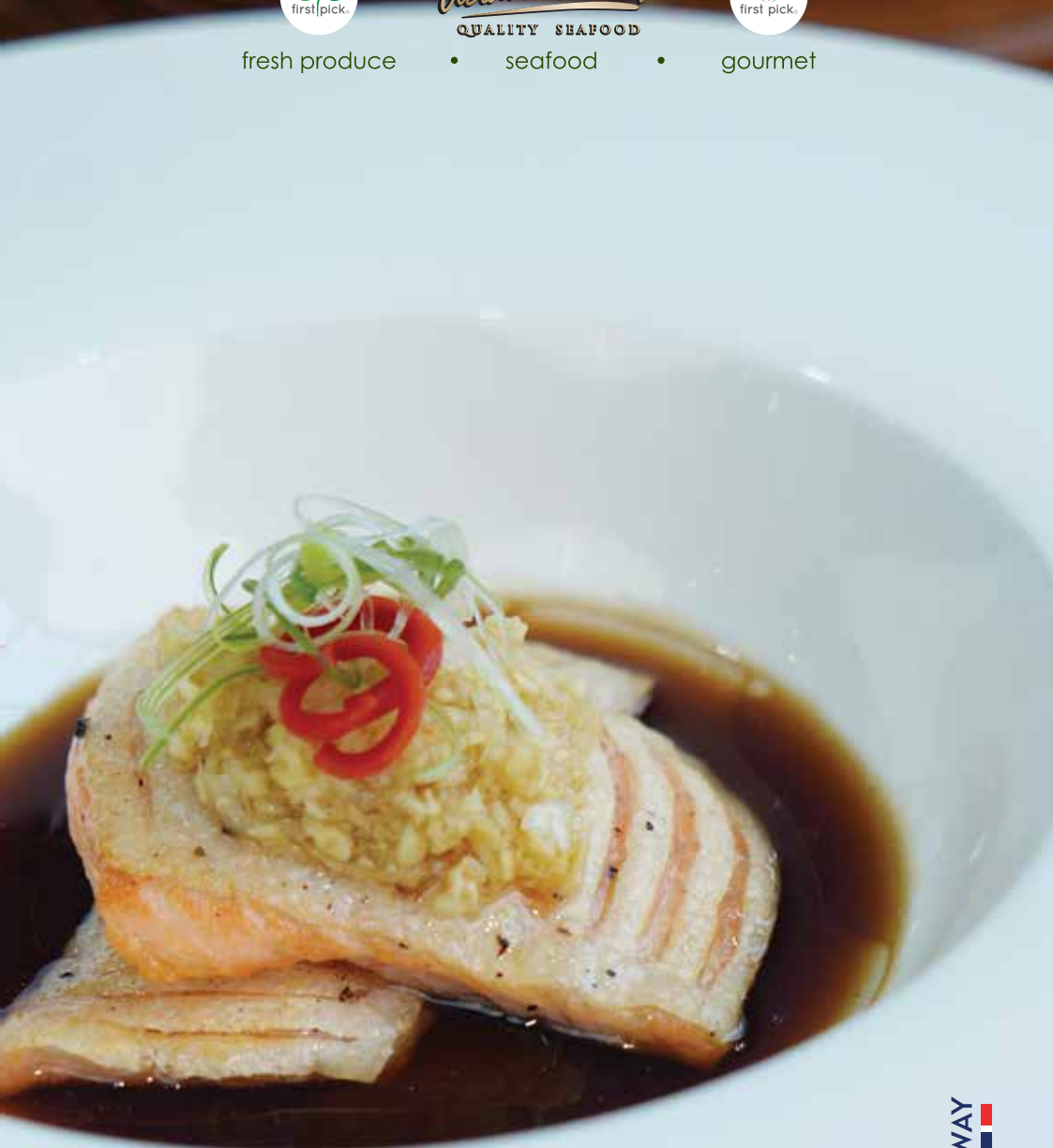


QUALITY SEAFOOD

• seafood •



gourmet



# Grilled Trout Belly with Chinese Ginger Paste

Serves: 2

## Ingredients

### For the Chinese Ginger Paste

- 60g young ginger
- 60g old ginger
- 20g garlic
- 1 tbsp oyster sauce
- A pinch of white pepper
- 1 tsp salt
- 1 tbsp sesame oil

### For the Soy Sauce

- 3 tbsp soy sauce (use your brand for a personal touch!), 20g cilantro root, 6 tbsp water, 1 tbsp Maggi seasoning, 1 tbsp fish sauce, 1 tsp sesame oil, ½ tbsp sugar

### Garnish

- Fresh cilantro

### For the Trout

- Trout belly, seasoned with salt and pepper

## Description

1. Add the old ginger, young ginger and garlic into a food processor and blend until smooth.
2. Transfer the ginger paste to a bowl, then add the oyster sauce, white pepper, salt and sesame oil. Mix well.
3. Heat 100g of oil in a pan, then pour the hot oil into the ginger paste mixture. Stir quickly to combine, then set aside.
4. Season the trout belly with salt and pepper.
5. Grill the seasoned trout until cooked through, then set aside.
6. In a pot, combine the soy sauce, cilantro root, water, Maggi seasoning, fish sauce, sesame oil and sugar. Bring the mixture to a boil, then set aside.
7. Serve the grilled trout belly with a spoonful of the Chinese ginger paste and a drizzle of the soy sauce. Garnish with fresh cilantro.

Origin matters

SEAFOOD  
FROM  
NORWAY

Recipe by Chef Jia Le Woh