



Schloss Mittersill

HOTEL • RESTAURANT • HIDEAWAY

Brown trout strudel

with coconut, watercress, and Parisian mushroom

Ingredients for 4 people:

500 g brown trout fillet (boned and skinless!)

100 g cream

1 pc. egg white

1 pinch of salt

White pepper

600 g mushrooms

200 g cream

2 shallots

1 pc. clove of garlic

1 pinch of salt

1 tbsp butter

White pepper

500 g watercress

250 g coconut milk

100 g tomato water

2 shallots

1 pc. garlic clove

1 tbsp butter

1 pc. lemongrass

20 g ginger

1 tbsp crème fraîche

100 g flat-leaf parsley

Strudel dough:

6 g salt

40 g oil

130 g lukewarm water

300 g plain flour



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Preparation of strudel dough:

Knead all the ingredients into a smooth dough and leave to rest in the fridge for at least 3 hours, covered with cling film.

Trout farce:

Mix 100 g trout fillet with 100 g of cream, the egg white, salt and pepper in a cutter or blender to a smooth mixture and place in a disposable piping bag

Mushrooms (Parisian style)

- Wash the mushrooms and chop very finely on a chopping board
- Chop the shallot and garlic into small cubes and sauté in a wide pan or frying pan with the butter until translucent.
- Add the mushrooms and season with salt. Simmer until the water has completely evaporated.
- Add the cream and simmer until a creamy mixture has formed.
- Chill the mushrooms.

Coconut and watercress soup

For the tomato water, cut 4 ripe tomatoes into quarters and remove the stalk. Salt and leave to stand for at least half an hour. Then puree the marinated tomatoes very finely in a blender. Line a sieve with kitchen paper and add the blended tomatoes.

- Collect the water and use the tomato pulp for other purposes.
- Finely chop the shallots, lemongrass, ginger and garlic cloves.
- Sauté slowly in vegetable oil to release the flavors.
- Deglaze with coconut milk and tomato water and bring to the boil once (!) - leave to infuse for 1 hour.
- Wash the watercress and parsley and blend very finely with the crème fraîche and butter.

Brown trout strudel

- Roll out the strudel dough very finely on a floured work surface and then stretch the dough.
- Now pipe on the Parisian mushrooms. Place the trout farce on top of the mushrooms, the salted trout fillet on top of the farce, then the farce again, then the mushrooms again.
- Now shape the filling into a swirl, brush with melted butter and place on a baking tray lined with baking paper. Preheat the oven to 200°C



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Finishing

Bake the strudel at 200° C for 12-14 minutes and place on a deep plate.

Press the coconut soup through a fine sieve and blend with the watercress and parsley puree and a little butter. Season with salt and pour the soup onto the plate.

Heat 1 tbsp of the Parisian mushrooms and arrange decoratively on the plate. Garnish with fresh watercress and finely chopped mushrooms.