

BEETROOT SCONES WITH HOT SMOKED TROUT

Gary Parsons, *H&B Executive Chef*

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the fine food c^o

Whatever we do, from sourcing amazing food
to delivering it on time,
we always stick to one simple rule...

an absolute dedication to honest, authentic, remarkable food.

BEETROOT SCONES WITH HOT SMOKED TROUT

Chef Gary Parsons

Ingredients

SERVES 10 PORTIONS

CA644 Chapel & Swan Hot Smoked Trout	700g
DY085 Croxton Manor Greek Style Yoghurt	5ml
DB117 Lescure Unsalted Butter	40g
IN019 Cornish Sea Salt	2g
FL039 Viron Flour Saint-Germain T45	225g
Baking Powder	5g
Milk	50ml
Caraway Seeds	10g
Wasabi Rocket	12g
Wasabi Paste	1g
Cooked Beetroots	220g

Method

1. To make the beetroot scones, preheat the oven to 200°C fan. Sift the flour and baking powder into a bowl and rub in the butter until the mixture looks like breadcrumbs. Grate two of the beetroots and add to the mix with the caraway seeds and sea salt.
2. Cube the remaining beetroots into approx 1cm pieces and add to the mix. Use a knife to mix well. Slowly add the milk, stirring with the knife until you have a dough. You may not need all the milk; don't make it too sticky.
3. Knead the dough until pliable, and then roll out on a floured surface to 2cm thickness. Use a 2cm cutter to cut out 12 rounds and place on a non-stick baking sheet. Bake for 15 mins. Cool on a baking rack.
4. To make the Wasabi Yoghurt Dressing, mix the wasabi and yoghurt together.
5. Remove the trout from the packaging, turn over to skin side up. Carefully remove the skin. Scrape the brown away from the flesh using a spoon. Flake into smallll flakes.
6. Cut the beetroot scone in half, add the flaked smoked trout and add a small dollop of the wasabi yoghurt dressing; finish with the wasabi rocket.



BEETROOT SCONES WITH HOT SMOKED TROUT
& *a wasabi yoghurt dressing*

Chapel & Swan Hot Smoked Trout

Lean trout from the fast flowing, crystal clear chalk streams of Hampshire are cured and then hot smoked over oak. The texture is delicate and flakey; the flavour a perfect balance of fish, salt and smoke.

Croxton Manor Greek Yoghurt

Made at the Croxton Manor Dairy in 1999 this Greek style yoghurt has a deliciously creamy consistency achieved from using full fat milk and straining most of the whey from the yoghurt to give a lovely thick texture.

Viron Flour La Gruau Saint-Germain T45

One of the most famous flour mills in the 'bread basket' region of France is Minoteries Viron, which has won hearts and stomachs by supplying artisan bread makers for over seven generations. This strong flour produces fantastic scones and brioche and is ideal for most pastry work.

Lescure Unsalted Butter

Our Lescure butter, which comes in 250g rolls or 24g and 16g portions, is the linchpin of many of the UK's best kitchens. It's light golden colour and long flavour make it perfect for the table, but it is also a hero back of house, used to add shine to sauces and create cakes with a light, moist crumb.

Cornish Sea Salt

A pebble's throw from the Atlantic Ocean, the salt house that produces Cornish Sea Salt uses pure sea water from a protected marine zone, which is high in trace elements. It's this purity that gives the salt its fresh flavour and makes it so popular with chefs. Add a sprinkle to chocolate brownies to elevate them to new levels.