GOOD NATURED ORGANIC

TROUT CROSTINI WITH AVOCADO PURÉE AND PICKLED CUCUMBER

WITH SPIER GOOD NATURED ORGANIC CHENIN BLANC



SPIER
1692

AN EASY CANAPÉ FOR THE FIRST GLASS OF THE EVENING

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Crisp crostini topped with cool avocado purée, silky smoked trout and soy and sesame pickled cucumber. Light, fresh and mostly prepped ahead, they're an easy way to start the meal with Spier Good Natured Chenin Blanc.

There's something so inviting about a tray of crostini arriving with the first glass of wine. These have everything you want in a mouthful: crisp toast, cool, lemony avocado and silky smoked trout, topped with a tangle of pickled cucumber. Soy, vinegar and sesame give the cucumber a savoury sharpness that makes you reach for another. Make the pickle the day before, then assemble just before your guests arrive so the toast keeps its crunch. Pour our Good Natured Chenin Blanc alongside. Its citrus notes pick up the lemon in the avocado, while stone fruit and quince bring a gentle fruitiness to the smoked trout. Light on its feet, it's a wine to pour from the first guest to the last.

INGREDIENTS

Serves 4-6 as a side dish

For the pickled cucumber

½ cucumber, thinly shaved on a mandoline
30 ml (2 Tbsp) soy sauce
30 ml (2 Tbsp) cider vinegar or rice vinegar
10 ml (2 tsp) sugar
5 ml (1 tsp) sesame oil

For the crostini

1 French loaf, sliced thinly
45 ml olive oil, for brushing

For the avocado purée

1 large or 2 medium ripe avocados, skin & pit removed
30 ml (2 Tbsp) plain yoghurt
15 ml (1 Tbsp) lemon juice
salt & pepper

For assembling

100 g cold-smoked trout ribbons
a few teaspoons mixed sesame seeds, dry-toasted in a pan

METHOD

Prepare the cucumber:

In a medium glass jar with lid, add the shaved cucumber, then top with the soy sauce, vinegar, sugar and oil. Close the lid and shake, then refrigerate until ready to serve. Shake the jar again after a few hours and turn it over to coat the cucumber all over (can be done the previous day).

Prepare the crostini:

On a clean working surface, brush the bread slices with oil, then fry in a large pan until lightly golden on both sides. Let cool, then store in an airtight container until ready to serve (can be done a few hours in advance).

Prepare the avocado purée:

In a blender or food processor, add the avocado, yoghurt, lemon juice and season lightly with salt & pepper. Blend to a smooth purée, then cover and refrigerate until ready to use (can be done up to an hour before serving).

To assemble:

On a large platter, arrange the crostini, then use the back of a teaspoon to spread with a dollop of purée. Top with a folded sliver of trout and some pickled cucumber. Finish with a sprinkle of sesame seeds. Serve at once.

Spier Good Natured Organic wines can be tasted and purchased at the farm in Stellenbosch, and are widely available in stores and online at ***shop.spier.co.za***

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Drink Responsibly. Not For Persons Under The Age Of 18.