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Autumn Salad of Limestone Coast Smoked Trout with Organic Kalangadoo Apples, Brands Pickled Walnuts, Avocado, Apple Aioli and Rocket

Serves 4 as a main course

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Sole Food

Ingredients: apple aioli

2 cloves garlic, peeled and chopped
2 free-range egg yolks
1 tblsp Dijon mustard
1 litre Kalangadoo organic apple juice, reduced to 200ml
2 tblsp good quality white vinegar
300ml Pendelton Estate delicate extra virgin olive oil
300ml canola oil
Murray River pink salt to taste

Ingredients: salad

2 whole smoked trout, all skin and bones removed, or 4 fillets smoked trout
2 organic Kalangadoo apples
8 pickled walnuts, drained well and finely chopped into 0.5cm cubes
2 avocados, diced into 1cm cubes
300g rocket
200g fresh walnuts

Method: apple aioli

Place egg yolks in a food processor bowl with reduced apple juice, vinegar, garlic and mustard and process for about 1 minute.

Slowly drizzle in olive oil and then canola oil with the motor running.

If the mayonnaise becomes very thick, add a couple of tablespoons of water, and continue adding the oils.

Season with Murray River pink salt to taste.

Note: you will only need about 200g for this recipe – the rest can be used as a delicious topping for soups, grilled fish, poultry, steak or roasted vegies, or as an alternative to butter or mayonnaise in sandwiches or baguettes.



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Method: salad

Break trout into small bite-size pieces and place in a large mixing bowl with the rocket and chopped pickled walnuts.

Remove cores from apples and slice into thin wedges and add to the rest of the ingredients in the mixing bowl, along with the diced avocado and 200g of the aioli.

Mix well but gently until all ingredients are combined.

Serve piled high in bowls or on a large flat plate as a perfect entrée to match your favourite white wine, or as a light main course.

Garnish with a few fresh walnut halves.