

***Cordon bleu trout with
Almdammer and tomato
compote***



> 30 Min.



Elaborate





Zubereitung

1. Remove the bones from the trout fillets and flatten them slightly under foil. Season with salt, pepper and chopped lavender.
2. Cut the **GOLDSTEIG Almdammer** into 8 roughly 1 cm by 5 cm rectangular strips.
3. Put the **GOLDSTEIG Almdammer** pieces on top of the trout fillets and roll them up.
4. Coat twice with flour, egg and breadcrumbs.
5. Fry in oil at 160°C and then finish cooking them in the oven at 120°C for about 12 minutes.

For the froth

Lightly simmer the cream, stock, **GOLDSTEIG Butter** and aniseed together, season with salt and blend until frothy.

Tomato compote

1. Peel the onions and chop them up small.
2. Sweat them in **GOLDSTEIG Butter**, add the Pomodoro tomatoes to them and season with salt, sugar, lemon zest and rosemary.

TIP: Cordon bleu can also be made using other types of fish (char, salmon, carp, etc.).

Zutaten



For 4 people:

Cordon bleu trout:

- 8 skinned trout fillets
- 250 g **GOLDSTEIG Almdammer Cheese Block**
- Salt
- Pepper
- 10 lavender flowers (ground)
- Some flour
- 2 eggs
- Breadcrumbs
- Some oil for frying

For the froth:

- 50 ml cream
- 50 ml vegetable stock
- Salt
- A pinch of aniseed
- 50 g **GOLDSTEIG Butter**

Tomato compote:

- 1/2 onion
- **GOLDSTEIG Butter**
- 200 g Pomodoro tomatoes
- Salt
- Sugar
- Lemon zest (organic lemon)
- Chopped rosemary

