



Pickled 'Lough Ree' Brown Trout

Pickling:

- ¼ cup of kosher salt
- 5 cups of water (divided)
- 1lb brown trout fillets
- 2 cups of distilled or white wine vinegar
- ¼ cup of sugar
- 1 tsp mustard seeds
- 2 tsp whole allspice
- 3 bay leaves
- 3 cloves
- 1 lemon thinly sliced
- 1 medium red onion sliced

Method:

Heat 4 cups of water to dissolve the salt. Let the brine come down to room temperature. When it does, submerge the trout fillets in the brine and refrigerate overnight or up to 24 hours. Meanwhile, bring the sugar, vinegar, the remaining cup of water and all the spices to a boil. Simmer for 5 minutes, then turn off the heat and let this steep until cool.

When the trout have brined, layer them in a glass pickling jar with the lemon and red onion. Divide the spices between containers if you are using more than one. Pour over the cooled pickling liquid and seal the jars. Wait for at least a day before eating. Store in a fridge for up to one month.