

IN MY KITCHEN -- RECIPES

EPISODE 1

Chef: Martin Kobold

Theme: Christmas in July

Dishes: Poached Blue Trout with marinated red cabbage.

Vanilla Iced Christmas "Stollen"

Marinated red cabbage (Mariniertes rotkraut)

Martin's red cabbage side dish is a European standard, often served with red meat and more specifically, pork. The Austrian version is somewhat sweeter with the addition of the cranberry jam. In festive celebration, Martin pairs this characteristic ruby veggie dish very successfully with fish. Much like the Glühwein, by preparing the day before, the flavours are enhanced when reheated the following day.

Serves: 4 – 6

Time: 1 hour

Ingredients:

One medium onion, finely chopped

2 medium heads of red cabbage

200ml orange juice

250ml red wine

200ml cranberry jam

30ml lemon juice

50g brown sugar

Salt and pepper to taste

Method:

1 Sauté the onions in a little oil in a heavy-bottomed pot.

2 Add the cabbage and braise for approximately five minutes.

3 Add the remaining ingredients, and stir well.

4 Allow to simmer for approximately 45 minutes.

5 Season to taste.

Blue poached trout (Froelleblou)

The magic of this dish lies in the acidity of the vinegar, reacting with the skin of the trout during the cooking/poaching process. A beautiful, slight silvery blue shine to the skin is achieved.

However, the secret is that the trout **MUST** be fresh. Rainbow trout will also do the trick beautifully, if you cannot find blue trout.

Serves: 6

Time: 25 minutes



Ingredients:

150g julienne roots (mixture of finely cut parsnips, carrots and onions)
500ml white wine
1,5 litres water
250ml vinegar
1 bay leaf
Salt and pepper to taste
12 blue or rainbow trout fillets (with skin)

Method:

- 1 In a large pot, add all of the ingredients, except the trout. Allow to simmer.
- 2 Roll up the trout fillets and pin with a toothpick to keep in place.
- 3 Place the rolled-up trout fillets into the pot, and close the lid.
- 4 Poach for approximately 10 minutes.
- 5 Remove the toothpicks and serve trout fillets with cooked julienne vegetables, as well as side dishes (such as potato croquettes and red cabbage).

Vanilla iced Christmas "Stollen" (Gefrorener weihnachts Stollen)

Stollen is conventionally a bread-like fruitcake containing dried fruit, nuts, different spices and finished off with a sprinkling of icing sugar. Martin's modern twist is not only quicker, simpler and more cost effective – but it will have all your guests asking for seconds – no matter how hot or cold the outside temperature.

Serves: 10

Time: 2 hours

Ingredients:

2 litres good quality vanilla ice-cream
100g mixed dried fruit, chopped
100g almonds, blanched and chopped
100g raisins
30g sunflower seeds
50g glazed cherries
30ml cinnamon, ground
Strawberries, mint and icing sugar to serve

**Method:**

- 1 Soften ice-cream a little. Line two loaf tins with GLAD wrap.
- 2 Add all of the ingredients, including the ice-cream to a large bowl and mix well.
- 3 Transfer the mixture to the two lined tins and freeze for approximately one hour or until frozen.
- 4 Remove from the tin and slice.
- 5 Serve with fresh strawberries, a spring of mint and a light dusting of icing sugar.