

## Trout Tian

*The 'Tian' is actually the Provençal name for earthenware baking dish in which the dish is cooked. Use any Gratin or baking dish. I enjoy the opportunity of foraging in the back of the kitchen cupboards for forgotten baking dishes seldom used. The earthenware dishes previously produced from Temuka Pottery are a favourite of mine for this style of dish. A small roasting dish could be used especially if the dish is finished on a barbecue.*



### Ingredients

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- 1 trout or salmon (1kg is a good size) filleted and pin-boned, skin on.
  - 2 red onions (360g)
  - 4 courgettes (600g)
  - 1 medium sized eggplant (350g)
  - 6 ripe tomatoes (1kg)
  - 4 cloves of garlic (15g)
- Virgin olive oil  
Tbsp chopped fresh thyme (a sprinkle of dried mixed herbs is fine)  
Salt and pepper grinder to season



### Preparation method:

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1. Prepare the vegetables, keeping them in separate containers. Slice the onions, chop the garlic. Slice the eggplant, tomatoes and courgettes into thin slices; season the courgettes and eggplant with salt and ground pepper. Fry the onions and garlic in a little olive until they are softened.
2. Spoon the onions into your chosen baking dish then lay the tomatoes, eggplant and courgettes in overlapping slices on top. Feel free to choose any pattern you favour. Sprinkle over a generous portion of olive oil and bake in oven set at 200°C for around 40-45 minutes, the juices should be evaporated and the dish should visually be well cooked.
3. The trout or salmon fillets in the meantime have been seasoned both sides with a good grind of salt and kept covered skin side up. (Salting the skin will make the skin crisp when grilled.)
4. Turn your oven onto grill; sprinkle the thyme onto the tian then place on the fillets. Cook around 10 minutes or until the skin is crisp. Serve with a fresh salad and a slice of lemon.
5. The Tian of vegetables could be made in advance and reheated.
6. The dish could be made using a hooded barbecue.