

FRENCH QUENELLE BUN *Eclair style, with guacamole and smoked trout*



Entrée



French quenelles buns

Serves

4



Cooking time

35 MN



INGREDIENTS

- 4 French quenelles buns
- A few springs of dill
- 2 avocados
- 4.3oz smoked trout
- 1 lemon, juiced

DIRECTIONS

PRÉPARATION

- **Blend** the avocados with the lemon juice. **Season** with salt and pepper. Put in a piping bag. **Keep refrigerated**
- **Slice** the trout and roll the slices up.
- **Cook** the quenelles in a preheated oven for 35 minutes at 210°C / 410°F. (To reduce cooking time, poach the bun in boiling water for 10min, then bake for 15min at 230°C / 445°F).
- **Garnish**, alternating between a trout roll and a dot of guacamole. **Finish** with chopped dill.