Smoked Trout Cucumber Yogurt Mold

6 small smoked-trout cucumber molds, about 135–140 ml each; cold seafood starters · Active 35 min · Total 10 hr 30 min

Ingredients

• ⅔ cup finely diced peeled deseeded cucumber AFTER draining (100 g); prepare extra before its drain

• ¼ teaspoon fine salt (1.5 g), divided

• Unflavored powdered gelatin, 12 g (one standard 7 g envelope plus 5 g weighed from another), of specified setting strength

• ¼ cup cold drinking water (60 ml)

• ½ cup plus 2 tablespoons pasteurized whole milk (150 ml)

• 1¼ cups thick plain pasteurized Greek-style yogurt (300 g), kept cold

• 1 tablespoon lemon juice (15 ml)

• 7 oz commercially hot-smoked trout labeled fully cooked ready to eat cold (200 g edible weight), safely chilled, skin and bones removed and flaked small

• ⅛ teaspoon black pepper

• ½ teaspoon neutral oil (2.5 ml), divided for wiping molds

Set out

Sieve over bowl and clean cloth, Knife and board, Clean plate and fork for fish checking, Small saucepan, Mixing bowl and whisk, Scale, 6 small metal molds of at least 180 ml capacity each, Paper towel, Food thermometer, Cold plates, Refrigerator

Allergens

Fish (trout), Milk. Check labels and substitutions.

Make it

1. Salt prepared cucumber with half the salt and drain in a refrigerator sieve 20 minutes. Press gently and weigh 100 g drained dice; keep cold. Read fish label, remove skin and check carefully for bones, then weigh 200 g flakes. Keep fish cold. Check mold capacities, dry and oil lightly.

2. Bloom gelatin over 60 ml cold water in the saucepan 5–10 minutes. Add milk and heat gently while stirring until fully dissolved, about 120–140°F (50–60°C). Take off heat before boiling. Whisk 3 tablespoons yogurt into warm mixture gradually. When smooth and lukewarm, whisk into remaining cold yogurt with lemon, pepper and remaining salt.

3. Refrigerate 15–25 minutes until lightly thickened, stirring gently. Fold in cold trout flakes and dry cucumber. Divide among molds, about 135–140 ml each, keeping at least ½ inch (1.25 cm) below rims; use a separate refrigerator cup for excess.

4. Cover and refrigerate at 40°F (4°C) or below at least 8 hours until firm. Allow 10½ hours total including draining and preliminary chilling; fish is a listed fully cooked ready-to-eat starting ingredient.

5. For unmolding, set a cold plate beside the refrigerator. Dip only the outside of the metal mold in warm, not hot, water, about 100°F (38°C), for 5–8 seconds without letting water touch food. Dry the outside, loosen just the upper edge with a clean fingertip and invert onto the plate. If stuck, repeat a brief dip rather than shaking violently. Refrigerate again immediately if not serving now. Serve one small cold seafood starter per person.

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Gelatin starting strength

Use food-grade unflavored powdered gelatin with a manufacturer benchmark of 7 g for about 2 cups (500 ml) plain liquid. Weigh the stated grams: envelope sizes and powder density vary. A flavored dessert packet, collagen peptides, sheet gelatin or agar is not an equal substitute.

Cold service

This is an original retro-inspired recipe, not a recovered 1960s formula. Gelatin is animal-derived; the vegetable ingredients do not make the dish vegetarian. A reliable refrigerator and the stated earlier ingredient deadlines are essential.

Ingredient labels

Smoked fish ingredients and shared equipment vary. Read every actual label, including yogurt and gelatin.

A useful detail

Measured water/milk/lemon is 225 ml, plus 300 g thick yogurt, 200 g ready-to-eat fish and 100 g drained cucumber. Twelve grams gelatin supports roughly 830 ml mixture. Do not add fish package juices or undrained cucumber.

Keep it well

Keep covered at 40°F (4°C) or below and use within 24 hours of final assembly or the earlier smoked-fish/dairy/opening deadline, whichever is sooner. The eight-hour set counts. Keep total unrefrigerated handling and serving below 2 hours, or 1 hour above 90°F (32°C); discard beyond those limits. Do not freeze or claim smoke preserves this assembled dairy dish.