

Pan-fried trout with chorizo, potatoes, peas with a caper herb dressing

This recipe looks complicated but it isn't. Prepare the dressing first then the potatoes then cook the fish.

Caper herb dressing

- 3 tbsp olive oil
- 2 tbsp small capers drained
- 1 red onion, finely chopped
- 1 tbsp red wine vinegar
- Small bunch tarragon chopped

Heat 1 tbsp of the olive oil in a small saucepan. Add the capers and the onion and cook for 3 mins until softened. Add the red wine vinegar and reduce, then remove the pan from the heat. Add the rest of the oil and the tarragon, then leave to infuse.

Chorizo, potato & peas

- 1 tbsp olive oil
- 100g cured chorizo
- 35g waxy potato, peeled and cut into small cubes
- Large pinch sweet smoked paprika
- 125ml fresh chicken stock
- 150g cooked peas

Heat the oil in a sauté pan, add the chorizo and fry for 2 mins until it starts to crisp and render out red oil. Place the potatoes and paprika in the pan and cook for 5 mins, tossing occasionally, until they start to brown on the edges.

Pour in the chicken stock, turn up the heat and boil for the stock for 8-10 minutes until it has nearly all evaporated and the potatoes are tender. Stir the peas into the potatoes and cook for 2 mins more until heated through, then set aside.

Trout

- 2 trout fillets, approximately 150g each
- 25g butter
- 1 lemon halved

Using a sharp knife, score the skin of the trout fillet at close intervals, then season generously with sea salt and black pepper.

Heat the butter in a non-stick frying pan. When it starts to sizzle, carefully lay the fish in the pan, skin side down. Gently fry for about 8 mins until the skin is crisp and golden and most of the flesh has changed colour with just the top still raw.

Carefully turn the fish fillets over, then squeeze over the juice from one half of the lemon. Cook for 1 min more, basting fish with the lemony pan juices. Turn off the heat and leave the fish in the pan.

Serving:

Spoon a pile of the chorizo mixture into the centre of each plate. Place another spoonful of the mixture on top to create a small heap. Gently sit the fish fillet on top, skin-side up. Spoon the caper dressing around the outside of the plate and serve.

Native pepper baked trout with creamy potato salad

- 250gm waxy potatoes
- 4 tsp natural yoghurt
- 4 tsp mayonnaise
- 1 lemon, zested and juiced
- 1 tbsp capers rinsed
- 4 small gherkins, diced
- 2 spring onions, fine chopped
- 2 trout filets
- ½ tsp salt
- ½ tsp native pepper
- + bacon (optional) for salad

Boil the potatoes in salted water for 15 mins until just tender. Drain and rinse under cold water to cool, then drain again. Pre heat oven grill to 170 c

Mix together the yogurt and mayonnaise, then season with a good squeeze of lemon. Stir into the potatoes with the capers, gherkins, most of the spring onion.

Season the trout, then grill on a baking paper, skin-side down, for 3-4 mins depending on thickness, until just cooked. Sprinkle with lemon zest and serve with the potato salad, garnish with remaining spring onions. Cut the remaining lemon half into wedges for squeezing over.



Smoked trout risotto and arancini



Risotto

- 1 onion fine diced
- 1 tbsp olive oil
- 200gm risotto/aborio rice
- 750ml vegetable stock, hot
- 150gm smoked trout
- 50gm Mascarpone
- zest and juice of 1 lemon
- chives, fine diced 1 tbsp

In a frying pan, gently fry the onion in the oil until softened. Tip in the risotto rice and cook for 3-4 mins, stirring continuously. Add a third of the stock, and simmer, gently stirring until the stock has been absorbed. Add half the remaining stock and carry on cooking, stirring a bit more, until that has been absorbed too.

Tip in the final lot of stock and cook until creamy and the rice is just tender. Stir in the trout, mascarpone, lemon zest, most of the chives and some seasoning – it won't need too much salt. Cover and leave for 5 mins to rest. Finally season with a squeeze of lemon juice, divide between two bowls and top with the remaining chives.

Arancini

This canapé or entrée is perfect with leftovers of the above recipe. Once the risotto mixture has cooled portion rice into 25gm balls

- Squeeze rice mixture in your hands combining it well and breaking down the rice proteins to form a ball, rolling into a smooth ball and set aside on a baking paper lined tray.
- Continue this to use up all rice mixture
- Place rice balls into fridge for minimum 1 hour
- Organize a crumbing station, egg wash, flour and breadcrumbs
- Take your rice mixture and working 4-5 balls at a time roll in the flour, shake excess flour off, mix into the egg wash, scoop up and shake off excess egg wash then roll in breadcrumbs. Continue until all rice ball mixture has been crumbed.
- To cook use a bench top deep fryer or a pot with enough oil for the balls to float, vegetable oil at 175c. Place 3-4 in carefully not dropping as hot oil with burn, cook for 2-3 minutes checking colour of breadcrumbs.
- Serve with a green salad or mayonnaise dipping sauce.

Trout with curry butter



Curry butter

- 1 tbsp vegetable oil
- ¼ white onion, finely diced
- 1 tbsp Indian-style curry powder
- 125g unsalted butter, softened
- 1 small handful parsley leaves
- 1 clove garlic
- juice of ½ lemon
- 2 tsp Worcestershire sauce
- 3 anchovy fillets
- ½ tsp capers, rinsed
- ½ tsp sea salt
- 1 tsp ground pepper
- 1 small handful basil leaves
- 1 small handful thyme leaves
- ½ tbsp ground ginger
- 1 egg yolk

Heat oil in a frying pan and cook onion and curry powder over low heat until soft and fragrant. Set aside to cool. Process all butter ingredients in a food processor until just combined.

Roll butter into a 3- to 4-centimetre diameter log, wrap in plastic and refrigerate until firm.

Cut butter into eight discs and sit on eight small individual squares of baking paper. Allow to soften while cooking the fish.

Trout

- 4 trout fillets, pin boned, skin on
- sea salt and freshly ground pepper
- extra virgin olive oil

Heat olive oil in a non-stick frying pan over medium heat, season trout and cook, skin-side down, for 3 to 4 minutes, until skin is crispy. Turn and cook for 2 minutes or until cooked to your liking. Turn off heat and allow to rest somewhere warm.

Place trout filets skin side down on serving plate and garnish with curry butter