



GOOD FISH FOR GOOD FRIDAY

Quick, easy and affordable trout recipes

Eating fish on Good Friday is a well-known and widely practiced tradition. Historically, the Friday before Easter was decreed a day of fasting by Church authorities which meant abstaining from meat and opting for fish instead. In days gone by this custom was observed every Friday of the year, one of the origins for the tradition of 'Fish Friday'.

We all have a favourite go-to fish recipe, but why not honour the tradition this Easter by serving the family British trout? Affordable, versatile and easy to prepare, trout is packed with essential Omega-3 fatty acids – which can help protect against heart disease and boost the immune system.

If you are gathering together with friends and family this Easter, trout is perfectly placed to sit at the top of the menu alongside seasonal green vegetables such as asparagus and watercress.



Treat your taste buds to **grilled trout with asparagus and wild mushroom**. The fusion of asparagus, garlic and tarragon is a great accompaniment to simply grilled trout.

Alternatively, why not opt for a lighter **crunchy trout fillet salad** – perfect as a starter to your Easter gathering. This salad is a refreshing dish thanks to the combination of fennel watercress and cucumber marrying perfectly with the trout.

These two simple recipes are ideal for meeting The Food Standards Agency recommendation of eating one portion of oil-rich fish per week. Although trout is classed as an oily fish, it has relatively low total fat and saturated fat (and therefore calories) compared to other species.

Low in fat and high in protein, trout is easily digestible so delivers that 'fuller for longer' feeling – ideal for curbing the temptation of those chocolate Easter eggs. In addition, it's naturally high in Vitamin D, otherwise referred to as the 'sunshine' vitamin because sunlight is the principle source of this essential vitamin. Research shows that due to our diet and limited exposure to sunlight thanks to our indoor working patterns (even in the summer months), a significant percentage of the UK population has a low vitamin D level.

British trout is widely available in supermarkets, independent fishmongers, deli's and farm shops either as whole fish, fillets or both hot and cold smoked.

For more information go to www.britishtrout.co.uk.

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Issued by The BIG Partnership on behalf of The British Trout Association. For further information please contact:

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NOTES TO EDITOR

GRILLED TROUT WITH ASPARAGUS & WILD MUSHROOM

This dish is packed with flavour. The fusion of mushroom, asparagus, garlic and tarragon allow for a really delicious accompaniment to simply grilled trout. For a really decadent kick serve this dish with some sauté potatoes, beautifully crispy and golden.

Serves: 4

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Ingredients

1 bunch of asparagus
Salt and ground black pepper
4 trout fillets weighing about 175g (6oz) each
2 tbsp olive oil
Juice of 1 lemon
50g (2oz) butter, softened
2 shallots, finely chopped
2 cloves garlic, finely sliced into wafers
175g (6oz) wild or shitake mushrooms
Sprigs of tarragon
Lemon wedges to garnish
Sauté potatoes to accompany

Method

1. Snap the asparagus in half and discard the woody stalk. Cook in boiling salted water for 2 minutes and drain and refresh under cold running water.
2. Arrange the trout fillets on a baking sheet and season with salt and ground black pepper. Drizzle with the olive oil and a squeeze of lemon juice. Cook under a preheated grill for 8-10 minutes or until the trout is just cooked.

3. Meanwhile, melt the butter and gently cook the chopped shallots until soft but not coloured, add the garlic and cook for a further 20 seconds. Add the mushrooms and asparagus tips and cook stirring for a further 1-2 minutes. Toss in the tarragon leaves and season well.

4. Serve the trout with the mushroom and asparagus mixture and accompany with sauté potatoes and lemon wedges.

CRUNCHY TROUT FILLET SALAD

The idea of this simple salad is that it's a light, fresh and healthy with lots of uncomplicated flavours that marry perfectly with trout. It could also be served as a lunchtime main course, pretty on the plate and not too filling and especially delicious accompanied by a crisp glass of Chardonnay.

Serves: 4

Preparation time: 30 minutes

Cooking Time: 15 minutes

Ingredients

16-20 baby leeks, trimmed
1 thick piece of Parmesan cheese
1 medium sized bulb of fennel, finely sliced
4 x 125g trout fillets,
25g (1oz) butter, melted
½ cucumber, peeled and finely sliced
Watercress sprigs, washed and dried
Sea salt flakes and ground black pepper

For the dressing

2 teaspoon Dijon Mustard
1½ teaspoon cider vinegar
2 teaspoon soft brown sugar
1 teaspoon finely chopped dill
50ml extra olive oil

1. Pre-heat the grill to high. Cook the leeks in boiling salted water for 2-3 minutes until just tender. Drain and refresh in cold water, then dry on kitchen paper. Shave some thin slices of Parmesan cheese and set aside.

2. **For the dressing;** mix the mustard, vinegar, sugar and dill together in a small bowl and then gradually whisk in the olive oil until well amalgamated. Season to taste and then thin down with a little warm water if necessary.

3. Heat a ridged cast-iron griddle over a high heat. Brush with a little oil, then place the leeks diagonally across it and grill them for slightly less than 1 minute.

4. Brush the trout fillets on both sides with the melted butter and season well with salt and pepper. Lay the fillets skin-side up on a lightly greased baking sheet or the rack of the grill pan and grill for 4 minutes. Remove the trout and gently flake into small bite sized pieces.

5. To serve, toss the leeks, fennel, cucumber and watercress into the dressing and arrange in four shallow bowls. Place the trout over the top and sprinkle with the Parmesan shavings, serve immediately.

Cook's Tip Be careful you do not overcook the trout fillets; they need only 4 minutes under a hot grill to ensure they retain their exquisite texture.

Trout nutritional information (sourced from Food Standards Authority):

Omega 3 - These fatty acids have been shown to help protect against coronary heart disease.

Vitamin A – Helps to maintain healthy skin, strengthen immunity to infection and help vision.

Vitamin D – Also known as the 'sunshine vitamin'. It helps promote healthy teeth and bones.

Selenium - Plays an important role in our immune system's function, in thyroid hormone metabolism and in reproduction. It is also part of the body's antioxidant defence system, preventing damage to cells and tissues.

About the British Trout Association:

The **British Trout Association** has over 80 members, and represents over 90% of trout production in the UK. For further information please visit www.britishtROUT.co.uk.