

Cold smoked trout –
elegant, quick and easy



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Seared fillet of trout with
lentils in light mustard sauce



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Hot smoked trout –
try it in fish cakes



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Steamed whole trout with
ginger and Enoki mushrooms



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Seared fillet of trout with lentils in light mustard sauce

HIGH IN OMEGA 3,
SELENIUM AND
VITAMIN D

Ingredients | Serves 2

2 x 6oz fillet pieces of trout, skin on
2 x 6 cherry tomatoes, attached to vine if possible
Drizzle of olive oil
Salt
50g lentils
50g butter
1 medium banana shallot, peeled and diced very finely
1 medium carrot, peeled and diced finely
1 stick of celery, diced finely
1 clove of garlic, finely chopped
Pinch of dried thyme
1 bay leaf
120ml white wine
400ml fish stock
1 generous tsp Dijon mustard
1 generous tsp wholegrain mustard
50 – 75ml double cream
2 tsp very finely chopped parsley
½ tsp very finely chopped tarragon
1 tsp flour

Method

Set oven to 220c fan
Place the tomatoes, still attached to the stalk, on a small baking tray and generously drizzle with oil and salt. Cook for 15 minutes until their skins are withered and beginning to brown.

Put the lentils in a small pan, cover with water, bring them up to a gentle simmer and cook for 30 minutes or so, or until tender. Drain and cool.

Very gently sweat the shallots, carrot, celery, a pinch of dry thyme and a bay leaf in the butter for 6-8 minutes, or until the shallots are very tender. Next stir in the garlic and cook for a further minute. Tip in the white wine and reduce until it appears to have totally evaporated. Now pour in the fish stock and reduce until you only have about 3-4 tablespoons of liquid left. Add the drained lentils. Stir in the mustards and the cream and season to taste. Put to one side.

Combine the flour and salt on a plate and lower the trout fillet skin side down into the flour mix. Pat off any excess flour.

Heat a small frying pan, add 25g butter with a small splash of sunflower oil and lower in the trout fillets skin side down; it should sizzle immediately. Rest a small side plate on top of the fillet to help the skin crisp. Remove the plate after 4 minutes, flip over the fillet and cook for another 30 seconds.

Reheat the lentils, stir through all your herbs and spoon the lentils into the middle of the plate. Place the cherry tomatoes (with stalk) and slide the trout fillet on top, crispy skin facing up. Enjoy!

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Cold smoked trout is usually sold ready sliced, so is convenient and easy to prepare. It is traditionally served on buttered brown bread, with lemon wedges and black pepper. However, it combines well with other flavours such as horseradish, beetroot, or for a Scandinavian twist, serve it with dill sauce (you can buy this ready-made from most supermarkets). Or why not try this luxurious breakfast treat?

Smoked trout with scrambled egg on bagel

Ingredients | Serves 2

4 large eggs
2 tbsp finely chopped chives
2 tsp butter
125g smoked trout slices, cut into ribbons
2 bagels, sliced in half
Sea salt and freshly ground black pepper for seasoning

Method:

Whisk the eggs and chives together in a mixing bowl. Add in a pinch of salt.

Melt butter in a large frying pan over a medium heat. Add egg mixture and cook until almost set, stirring occasionally. Mix in the trout ribbons and cook for 30 seconds. Remove from heat.

Toast the bagels and spread lightly with butter. Spoon the scrambled eggs on top of the bagels, sprinkle with freshly ground black pepper and a little more salt if necessary. Serve immediately.



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Steamed whole trout with ginger and Enoki mushrooms

HIGH IN OMEGA 3,
SELENIUM AND
VITAMIN D

Ingredients | Serves 2-4

2 x 400g trout, gutted and de-gilled
1 thumb of fresh ginger, peeled and finely shredded
1 clove of garlic, peeled and sliced
50ml Japanese soy sauce
2 strips of orange rind
Juice of one orange
1 tsp runny honey
2 tsp sesame oil
2 handfuls of Enoki mushrooms
1 tbsp sesame seeds
2 spring onions, finely sliced

Method

Dry-toast sesame seeds in a pan until golden.

Place soy sauce, ginger, garlic, sesame oil, one tsp of honey, orange juice, and two strips of orange rind into a small pan. Bring to a gentle heat then remove from heat and cool. Do not simmer or boil.

Place an upended bowl into a large saucepan (large enough to take trout). Put a plate on top of the bowl and fill pan with 2" water. Bring water to the boil. Alternatively, use a steaming basket.

Gently score the fish skin three times on each side. Lay them onto the plate and pour about three tbsp of the sauce over the fish. Put the lid on and steam for 4-5 minutes. Then turn the fish, place the Enoki mushrooms on top of the fish, then steam for another 4-5 minutes.

Transfer the trout to a plate, pour the sauce over the fish, making sure some of the ginger and garlic goes over the fish too. Put the mushrooms on top, scatter over with the spring onions and toasted sesame seeds, and serve with any remaining sauce.



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Hot smoked trout – try it in fish cakes

HIGH IN OMEGA 3,
SELENIUM AND
VITAMIN D

Ingredients | Serves 2-4

200g hot smoked trout, any bones removed
300g King Edward potatoes, peeled and chopped into pieces
3 tbsp finely chopped curly parsley
½ tsp salt
Good grind of black pepper
2 tbsp sifted plain flour
100g white breadcrumbs
50g butter
Splash of sunflower oil

For the sauce

2 tbsp mayonnaise
1 tbsp crème fraiche
Grated zest of half a small unwaxed lemon
2 tbsp finely chopped walnuts
2 good tsp grated horseradish (not sauce) from a jar

Method

Set oven to 200c fan
Put the potatoes in a pan, cover with cold water and bring to the boil, cooking for 10-15 minutes, or until totally softened. Drain and cool.

Gently toast walnuts in a dry pan, taking care not to burn, until they turn a shade or two darker and then allow to cool. Combine all the other sauce ingredients, stir in the walnuts and leave to one side.

Flake the trout into pieces in a bowl; add the chopped parsley and a good grind of black pepper. Break up the potatoes as you add them to the trout. Combine everything well and season with a little salt to taste.

Fashion the mixture into cakes by hand, compacting them a little to prevent them falling apart.

Put the flour on a plate, the breadcrumbs on another plate and beat the two eggs in a bowl. Flour both the flat sides of each fishcake. Now very carefully dip the floured sides in the egg and then lastly in the breadcrumbs, repeat until all cakes are coated.

Heat a small frying pan and melt 50g of butter, combined with a splash of sunflower oil. The cake should sizzle immediately when it enters the pan.

Sauté the fishcakes for 4 minutes or so, until a deep golden colour, turn over and fry for 2 minutes, then put the cakes in the oven for 6 minutes.

Serve with watercress and the sauce.

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