

FAVOURITE TROUT RECIPES

TROUT SALTIMBOCCA

Large slices of Parma Ham

Thin slices of cold butter

Sage leaves

Olive oil

Lemon juice

Salt & pepper

Preheat oven to 190 c (170 c fan oven), lay slice of Parma ham lengthways on flat surface, put thin slices of butter on top, lay skinned trout fillet (cut to size) on top, season, add one sage leaf to middle of fillet. Carefully roll up the fish in the ham and secure with a cocktail stick.

Oil a baking tray and place rolls in bottom, make sure they don't touch. Bake for 15 mins.

When cooked, tip juices into a heated pan with two shredded sage leaves and large lump of butter. Cook over a high heat until the butter starts to froth & go brown, add juice of half a lemon and pour over trout. Serve immediately.

CAJUN TROUT

Brush olive oil onto trout fillets, shake on some Schwartz Cajun spice (available at all good supermarkets)

Fry the fillets in a little oil and very hot pan, skin side down, for a few minutes, turn them over and fry other side, turn back and serve. Very easy and delicious.

You need to experiment with how much spice you sprinkle on, depending on taste.

TROUT FILLETS IN NUT BUTTER DRESSING

Butter

Chopped, roasted hazelnuts

Hazelnut oil

Lightly coat the fillets in flour and set aside. Heat the butter in a non-stick frying pan, large enough to accommodate all the fillets, until sizzling. Gently lay the fillets, skin side down in the butter and leave for 2 minutes. Gently shake the pan; if the fish are stuck, leave them a little longer. When they are browned, turn them using two fish slices and continue to cook until firm and cooked through. Remove the fish to warmed serving plates while you finish the dressing. Add some chopped roasted hazelnuts to the frying pan and stir to heat through and flavour the butter. Add a splash of hazelnut oil. Pour this mix over each fillet and serve.

TROUT FILLETS WITH A WALNUT AND STILTON CRUST

2 trout fillets
4 tbsp chopped walnuts
100gm blue cheese, preferably stilton
4 tbsp fresh breadcrumbs
Seasoned flour for dusting
Egg wash

Crumble or roughly grate the blue cheese and mix with the walnuts and breadcrumbs. Dip the flesh side of each fillet in flour and then the egg wash. Coat with the cheese and walnut mixture. Cook under a pre-heated grill for 5-6 minutes until bubbling and golden.

Alternatively skin and pin bone the fillets, lay slices of Stilton on the fillets and add some chopped walnuts. Roll up the fillets and secure with cocktail sticks. Season and cook at 160 degrees (fan oven) for about 20 mins.

TROUT ROLLMOPS IN CIDER & VINEGAR (If you like Herring Rollmops, very good)

3 trout fillets, (thin if possible), pinboned, scales removed.
60gm salt

For the marinade;

500ml cider vinegar
250ml cider
12 allspice berries
12 black peppercorns
6 bay leaves
1 tbsp light brown sugar
1 tsp mustard seeds
Zest of 1 large orange, pared into wide strips with no white pith (use a potato peeler)

Dissolve the salt in 500ml of cold water to make a brine. Add the fillets and leave for two or three hours in the fridge.

Meanwhile make the marinade. Put all of the ingredients in a saucepan, bring slowly to the boil and simmer for a minute. Set aside to cool completely.

Drain the trout fillets from the brine and pat dry with kitchen paper.

Roll them up, skin side out, from tail end to the head and pack into a sterilised 500ml preserving or kilner jar. Pour the marinade over the fillets to cover them, making sure you get some of the spices and zest in the jar, then seal.

Store in the fridge for at least three days before eating. They are best eaten 5 to 10 days from jarring, but will keep (in the fridge) for up to one month. The longer you leave them the softer and more pickled they get.

To serve, drain the fillets from the marinade and accompany with a little soured cream or mustard sauce and slices of rye or brown bread.

The only difference between these and herring rollmops is much thicker skin and so you may wish to remove it before eating.

TROUT CEVICHE

250 gm of trout fillets, skinned and pin-boned.
Juice of three limes
1 small red onion, thinly sliced
Half green chilli, sliced
Quarter teaspoon soft brown sugar
Pinch salt

Cut the fish across the grain into 0.5-1.0cm thick pieces.
Combine the lime juice with the onion, chilli sugar and salt in a non-metallic container.
Add the fish and mix gently, making sure it's completely submerged in the liquid.
Put in the fridge to marinate for between one and twelve hours. We eat ours after 3 hours and it was perfect. The flesh becomes opaque as the juice 'cooks' it.

JIM'S SMOKED TROUT PATE

6oz smoked trout
1oz butter (or soured cream - we use butter)
3oz cream cheese (we used Boursin with chives)
1½ tablespoon lemon juice
1 teaspoon horseradish sauce (but add more to taste - we usually do)
Dash of cream if required (we don't use any).
Salt and pepper to taste

Remove skin and bones from trout. Pureé with other ingredients in food processor. Adjust with more horseradish, salt and pepper according to taste.

Empty in to dish, cover and chill

ASIAN STICKY TROUT

Wondering what to do with that large trout that you caught? This recipe is ideal for large trout fillets.

Two large trout fillets
Chopped Coriander (to dress)
For the marinade :-
2 tbsp each of soy sauce, runny honey and rice wine vinegar
4 tbsp hoisin sauce
2 star anise
2 tsp each of Thai 7 spice and Thai fish sauce
2 garlic cloves crushed.

Mix all the marinade ingredients together. Place the trout fillets in a large plastic bag and add the marinade. Place in china dish and leave in the fridge for at least 6 hours, preferably over night. Try and turn the fillets in the bag now and again.

To cook, heat the oven to 220C (200C fan oven). Remove the fillets from the marinade and place on very well oiled double piece of foil in a roasting tin. Roast for 15 to 20 mins depending on how well you like your fish cooked.

Meanwhile, transfer the marinade to a pan, bring to the boil and simmer for a few minutes until thick and syrupy. Pour over the trout for the last 5 minutes of cooking, then, when sticky and slightly caramelised, transfer to a serving dish and scatter with Coriander (and chopped chilli if you want)