

Potted Kilnsey Trout with Wholemeal Toast and Salad Leaves

Serves 4

Ingredients

4 smoked trout fillets skin and bones removed
(Kilnsey trout fillets are smoked over oak chips and these pink fleshed rainbow trout fillets are so moist and flavoursome. They come from Rainbow trout that have been farmed in spring water from the surrounding hills. The water is so clear you can easily see the trout swimming in the lakes. Kilnsey Park is open to the public, they sell the trout products in their fantastic shop and café. The chef Kevin makes some lovely dishes.)

200gm local butter

A small bunch of chopped chives

A small bunch of chopped dill

A pinch of Cayenne pepper

1 small lemon zested and juiced

1 tablespoon baby capers (the normal ones are OK but squeeze them well before adding to the mix)

1 tablespoon finely chopped baby gherkins (or normal ones are fine)

4 portions of Herbs Unlimited salad leaves (From Sand Hutton, these salad leaves are a bright vibrant mix of colours and textures well worth a few extra pennies more. We use them in the Clocktower a lot!) If you can't get hold of these normal salad leaves are fine to use.

Serve the salad tossed in a light mixture of olive oil and balsamic vinegar.

4-8 slices wholemeal toast - try to serve this hot and crispy.

Method

Place the flaked trout fillets into a bowl removing any bones or skin
Add the chopped herbs, juice and zest of the lemon and the cayenne pepper.
Lastly melt the butter in a pan until it is all melted thoroughly and add to the mix keeping back 2 tablespoons.

Place the trout into 4 ramekins.

Spoon the extra butter over the top of the potted trout and set in a fridge for 15 minutes.

To serve

Place the potted trout on the plates and garnish with the salad leaves and wholemeal toast.

Hopefully you will have a nice crisp glass of white wine (a Sauvignon Blanc or Chablis would do very nicely) or perhaps some traditional lemonade or iced tea.

Hope you enjoy.....