Smoked Kilnsey Trout served on a celeriac remoulade with salad leaves and lemon dressing

Serves four

Ingredients

2 small rainbow trout (filleted pin boned and skinned)
300 g celeriac (peeled and finely grated)
2 tablespoons mayonnaise

- 2 egg yolks from medium eggs
- ½ tbsp. white wine vinegar
- 1 teaspoon wholegrain Mustard
- ¼ pint olive oil
- ¼ pint sunflower oil

1 tablespoons wholegrain mustard
1 sprig of tarragon (leaves removed and finely chopped)
1 lemon
1 teaspoon of white wine vinegar
3 teaspoons rapeseed oil
1 teaspoon of freshly chopped herbs
1 small celeriac (peeled and finely grated approx. 300g)
1 teaspoon runny honey
200 g mixed salad leaves washed and drained dry

Method

This is a simple but lovely starter.

Place the fillets of the trout on a plate
Using a little Olive oil rub the skin of the trout and sprinkle with some freshly chopped tarragon instead of salt or pepper.

To make the celeriac remoularde *(some chefs salt this to break it down beforehand – I never do)*
Peel the skin off the celeriac and grate finely into a bowl.
Add the mayonnaise, wholegrain mustard, chopped tarragon and stir.

Vinaigrette
Quickly grate the lemon zest into a bowl and add the honey, lemon juice and vinegar.
Then whisk in the rapeseed oil and freshly chopped herbs.

To cook the fish

Place on a Baking parchment in a frying pan (this way the fish does not stick to the pan) and then once cooked for 1 min turn over and cook for 40-60 seconds on the other side.
Squeeze a half lemon juice over the fresh trout fillets, remove and allow to rest for a few seconds before plating

To Assemble

Place the celeriac mixture in the centre of the plate and carefully balance some salad leaves on the top.
Place the pan seared trout on top of the salad.
Drizzle the lemon dressing around the centre of the plate and serve.

Nutritional information

	Sodium* (mg)	Salt^ (g)	Potassium*# (mg)	Sodium/ Potassium¶
Total recipe	532	1.33	3509	0.15
per 100g	89	0.22	585	0.15

Traffic light coding derived from the Department of Health Guide to creating a front of pack (FoP) nutrition label for pre-packed products sold through retail outlets (2013).
* Nutritional content derived from McCance & Widdowson's Composition of Food Integrated Dataset.
^ Salt derived by multiplying sodium (g) by 2.5
# Potassium currently not included in the FoP coding.
¶ Sodium/Potassium should be 1 or less.