

# PAN FRIED TROUT SAFFRON AND CHILLI RISOTTO

Another showcase recipe by Sian @recipebreakout

Serves 2

## Ingredients:

1 knob of butter

Banhoek Chilli Oil

1 shallot

150g Arborio risotto rice

1 glass of white wine

500ml of fish or vegetable stock

1 pinch of saffron

2 fresh fillet steaks of ChalkStream Trout

1 lemon

Grated parmesan

## Method

Melt the butter in a pan along with a generous drizzle of chilli oil. Add in a finely chopped shallot and gently sauté for one minute before adding the rice. Add a small glass of white wine and let it bubble away until almost completely absorbed before adding in the stock with a pinch of saffron. Pour in the stock ladle by ladle, stirring continuously and allowing the rice to absorb most of the liquid before adding the next, until the rice is just cooked and you have a lovely creamy consistency.

5 minutes before the rice is ready, heat up a little oil in a frying pan, season the fillets and cook skin side down over a moderate heat for 5/6 minutes until they are just cooked through. Give them a squeeze of lemon juice and finish with some grated parmesan and crushed chillis.

