

POACHED TROUT WITH FRENCH VERMOUTH SAUCE

A beautiful recipe by Sian @recipebreakout

Serves 2

Ingredients:

150ml Fish Stock/broth (<https://frejafoods.com/products/fish-bone-broth>)

½ glass of dry white wine

1 sprig of thyme

2 nobs of butter

2 fresh fillet steaks of ChalkStream Trout

1 shallot

6 small cherry tomatoes

75ml of double cream

¼ glass of white vermouth

Method

Add the fish stock, white wine, thyme and one nob of butter to a saucepan, season well, bring to a simmer and gently poach the ChalkStream fillets for about 10 minutes (you want them still slightly undercooked) and then transfer to a plate.

Melt another nob of butter in a pan and gently sauté a finely chopped small shallot until nicely softened, adding in the quartered cherry tomatoes. Pour in the stock from the other pan and let it bubble away to reduce right down before adding the double cream. Bring back to a simmer for 5 minutes to reduce and thicken further.

Finally add in the trout, check the seasoning and pour in a generous splash of white vermouth. Stir in and finish with a little chopped parsley. The dish goes really well with mashed potatoes.

