

Trout in Beurre Blanc Sauce with Crispy Leeks

Recipe from The British Trout Association.

Serves: 4

Prep: 10 mins

Cook: 20 mins

Ingredients

4 ChalkStream trout fillets

1 leek, white and light green parts only, finely shredded

1 tbsp oil, plus extra for deep frying

Salt

Freshly ground pink or white pepper

For the beurre blanc:

1 shallot, finely diced

50ml Aspall classic white wine vinegar

50ml dry white wine (or water)

200g unsalted butter, chilled

1 lemon, cut into wedges

Salt

Freshly ground pink or white pepper

Method

Heat 1 tbsp oil a large frying pan.

Season the trout then fry for about 3 minutes skin side down, then flip over and cook for another minute or two.

In a small pan heat up enough oil to 150C for deep frying the leeks.

Ensure the leeks are completely dry then fry for 1-2 minutes until golden – be careful of spattering.

Lift out with a slotted spoon and drain on kitchen paper.

To make the beurre blanc sauce:

Dice the cold butter into 1cm cubes and keep chilled.

Put the shallot in a small saucepan with the white wine vinegar and wine (or water).

Slowly reduce the liquid over a medium heat until you have about 2 tbsp remaining.

Strain to remove the shallots then return the reduction to the pan.

Over a gentle heat, add a cube of cold butter.

Whisk vigorously to incorporate.

Once the butter is fully melted add another cube one at a time, whisking constantly.

Repeat this process until all the butter has been added and the mixture is pale and creamy. Ensure the pan doesn't get too hot or it will split.

Add a few drops of lemon juice and seasoning to taste. Garnish the trout with the crispy leeks and a wedge of lemon.

Serve with the sauce and some steamed spinach or any other green vegetable.