

Trout with Caramelised Shallots, Capers and Brown Butter

Quick, easy and utterly delicious, and ready in under 30 minutes. Recipe created for British Trout and UK Shallots by @thecornerplot.

Serves: 2

Ingredients

2 ChalkStream trout fillets (skin on)

250 g Charlotte potatoes

6 shallots, peeled, and halved through the root

2 tbsp capers, rinsed

50 g butter

Lemon juice

Handful parsley, leaves chopped

4 tbsp chopped parsley

1 tbsp chopped chives

Olive oil

1-2 tbsp horseradish sauce

Method

Preheat oven to 200C/fan 180C/gas 6.

Boil the new potatoes in salted water for 10-15 mins until tender when pierced with a knife.

Drain, crush (not mash) with a potato masher, add a generous slug of extra virgin olive oil, season well, add the parsley and chives, and stir in a tablespoon of horseradish sauce (or more). Check the seasoning.

Heat a tablespoon of olive or veg oil in a non-stick frying pan. When hot, add the shallots, cut side down, and cook for 5 mins on medium heat. When caramelised, remove and place cut side up on a small ovenproof tray.

Place in the oven while you cook the trout.

Pat the trout dry, make shallow diagonal cuts across the skin, 1 cm apart (avoid cutting into the flesh), and season with sea salt.

Add a little olive oil to the frying pan used for the shallots.

Place the trout skin side down and cook for 2–3 minutes to achieve a golden-brown crust (avoid moving them around).

Gently turn the trout over, add the capers, and cook for another minute.

Turn off the heat, add the butter to the pan, a grind of black pepper and a squeeze of lemon juice. The butter will darken and start to foam.

Baste the fish with the butter for a few seconds.

Serve the trout with the crushed potatoes and some salad leaves or watercress dressed in a little lemon juice olive oil.