



# PAN SEARED LOCH ETIVE SEA TROUT WITH A PEA, CHORIZO, POTATO AND PUY LENTIL FRICASSEE

## PREPARATION

*First make the dressing. Heat 1 tbsp. of the olive oil in a small saucepan. Add the capers and the onion and cook for 3 mins until softened. Splash in the red wine vinegar and bubble down, and then remove the pan from the heat. Add the rest of the oil and the tarragon, then leave to infuse.*

*For the fricassee, heat the oil in a sauté pan; add the chorizo and fry for 2 mins until it starts to crisp and render out red oil. Throw the potatoes and paprika in the pan and cook for 5 mins, tossing occasionally, until they start to brown on the edges.*

*Pour in the chicken stock, turn up the heat and boil the stock for 8-10 mins until it has nearly all evaporated and the potatoes are tender. Stir the peas into the potatoes and cook for 2 mins more until heated through, then set aside.*

*Score the skin of the trout fillet at close intervals, then season generously with sea salt and black pepper. Heat the butter in a non-stick frying pan. When it starts to sizzle, carefully lay the fish in the pan, skin-side down. Gently fry for about 8 mins until the skin is crisp and golden and most of the flesh has changed colour with just the top still raw.*

*Carefully turn the fish fillets over, and then squeeze over the juice from one half of the lemon. Cook for 1 min more, basting fish with the lemony pan juices. Turn off the heat and leave the fish in the pan. You are now ready to plate up – you can serve the other lemon half on the side if you like.*

*Spoon a pile of the fricassee into the centre of each plate. Place another spoonful of the mixture on top to create a small heap. Gently sit the fish fillet on top, skin-side up. Spoon the caper dressing around the outside of the plate and serve.*

## INGREDIENTS

2 Fillets Of Sea Trout  
25g Butter  
1 Lemon

### For The Fricassee

1 Tbsp. Olive Oil  
100g Cured Chorizo Diced  
350g Waxy Potatoes Cubed  
Pinch Of Smoked Paprika  
125ml Fresh Chicken Stock  
150g Cooked Peas

### For Dressing

3 Tbsp. Olive Oil  
2 Tbsp. Capers  
1 Red Onion Chopped  
1 Tbsp. Red Wine Vinegar  
Small Bunch Tarragon