

Trout with Fennel

All the supermarkets have recently been publishing trout recipes in their magazines as farmed trout is currently seen as a relatively cheap fish. ASDA have produced this recipe which uses fennel which is rich in Vitamin A and contains calcium, phosphorus and potassium. Having tried it your Hastings Flyfishers Chefs can confirm that this is a very flavoursome way of serving your trout.

Ingredients:

4 Trout fillets
3 fennel bulbs - 350g trimmed weight
2 shallots - finely chopped
1 garlic clove - finely chopped
1tbsp chopped parsley
1tbsp fresh thyme leaves
250g baby tomatoes
25g pine nuts
Lemon zest
Olive oil for greasing
25g butter
150ml dry white wine



Cooking Method:

Preheat oven to 220C/200C fan/Gas 7.

Grease shallow oven proof dish.

Thinly slice fennel and place in dish with shallots, garlic, herbs and wine.

Scatter bits of the butter on top. Season.

Place a damp piece of baking paper over fennel with the edges inside the dish.

Cook for 20mins, moving fennel about halfway through.

Remove paper, stir again return uncovered for 5-10mins.

Reduce heat to 190C/170C fan/Gas 5.

Put trout on top and brush lightly with oil.

Add tomatoes and cook for another 12-15mins.

Put pine nuts in a dry frying pan until golden, chop and scatter over trout with lemon zest.

Serve with lemon wedges.

ENJOY!