

FlyFishers Soup

Club member, John Keeling, having eleven grandchildren, knows how important it is to be able to feed the five thousand with just a few loaves and fishes. He therefore appreciates how important it is not to waste a single morsel of food no matter how inedible it may appear.

To this end, John cleans and fillets his fish then, instead of discarding the carcass he uses these remains to make a delicious soup which is perfect for freezing.

Be warned that this procedure is not suitable for those who are squeamish or are of a sensitive disposition.



Fish Stock:

Having filleted your trout use all the bones and trimmings, including the heads.

1lb Trout Trimmings (but you can use up to double this)
1 pint Water
5 fl oz White Wine (or more if you prefer)
1 Onion (quartered)
2 Celery Stalks (chopped)
1 Bay Leaf
A good pinch of Dried Thyme
A few sprigs of Parsley
Salt & milled Black Pepper

Place all the ingredients in a large pan. Bring up to simmering point and simmer for about twenty minutes without a lid, longer if you want to reduce it further.

Firstly, strain through a colander. This removes all the bigger bits. Then put through a sieve. The remaining liquid is your stock.

For A Light Lunch:

Make a soup by adding some Vermicelli (not too much or you end up with a fish porridge) and simmer gently until it has swollen. Add some peeled King Prawns and cook for a further two to three minutes. Serve.

If you want to spice it up a little, why not add a little chilli or curry powder.

ENJOY!

Editor's Note:

Or you could do what I do. In the evening after fishing, chuck the fish remains (including the innards) into the field at the end of the garden and the foxes will devour every last bit by morning. Then take a can of John Lusty Fish stock (around £1.45) from a kitchen cupboard and save all the hassle.

