

Trout & Watercress Soup

Serves: 4

Cooking time: 1 hour

Ingredients

1 whole trout, filleted
565 ml (1 pint) fish stock
50 g (2 oz) butter
2 medium onions, finely chopped
2 medium potatoes, finely chopped
2 cloves garlic, crushed
1 litre (1 ³/₄ pints) vegetable stock,
250 g (9 oz) watercress, hard stalks trimmed
Salt and freshly ground black pepper

Method

Poach the trout fillets in the fish stock for 5-10 minutes until cooked. Remove it from the stock, cool, discard the skin and bones, then flake the fish. Set aside.

Melt the butter, add the onions, potato and garlic, cover and sweat for 10 minutes without colouring.

Add the vegetable stock and bring to the boil. Add the watercress and bring back to the boil cooking for 5 minutes.

Blend until smooth.

Return the soup to the pan, season to taste, then gently cook for a further 2 minutes.

Place the flaked trout in the serving bowl and pour soup over to serve.