

View from the Fridge – Recipes from Brian Donkin

Recipe # 88 – Whole Poached Sea Trout

Preparation time: 15 mins – Cooking time: 45 mins

Ingredients for cooking:

2 Sea Trout or Salmon around 3.5Kilo each
2 carrots peeled and thinly sliced
2 onions peeled and sliced into rings
30 black peppercorns
6 bay leaves
½ wine glass salt
2 wine glasses white wine vinegar

Ingredients for decoration:

1 whole cucumber thinly sliced
Fine leaf gelatine (most good delis have this)
Juice of one lemon

Method

1. In small pot put bay leaves, peppercorns, onion rings, sliced carrots, vinegar and salt plus one pint of cold water
2. Bring to the boil and simmer for half an hour
3. Put fish in large round pot and cover with cold water and then add in the contents of small pot (see number 1)
4. Bring to the boil and simmer for 15 minutes
5. Remove from heat and leave overnight in cool area
6. Lift fish from pot individually (using both hands to support each fish)
7. Remove skin from one side of each fish using a sharp knife without damaging flesh (yours or the fish) leaving head and tail on
8. Make one pint of fine leaf gelatine using instructions on packet and add the lemon juice
9. Dip sliced cucumber into gelatine and place on the fish as in picture
10. Strain the remaining ingredients from pot and place between the fish (as in the picture) and cover with remaining gelatine
11. Place in fridge for two hours before presentation

Serves 30 (see next page for picture)

