

Braised Wild Sea Trout with mint

Braised Wild Sea Trout with mint, parsley and caper sauce

courtesy of Rick Stein

4 Whole wild sea trout
50ml (2 fl oz) Water
½ Tablespoon Mint Leaves
1½ Tablespoons Flat Leaf Parsley Leaves
3 Anchovy Fillets in Olive Oil, drained
½ Teaspoon Dijon Mustard
1 Teaspoon Plain Flour
50ml (2 fl oz) Dry white wine
50g (2 oz) Butter
A small bunch of Chives
1½ Tablespoons Capers in Brine, drained and rinsed
1 Garlic Clove, roughly chopped
½ Tablespoon Fresh Lemon Juice
Salt and freshly ground Black Pepper

Pre-heat the oven to 200°C/400°F/Gas Mark 6.

Season the sea trout lightly inside and out and put them in a shallow baking dish. Pour over the wine and water and dot the fish here and there with half the butter. Cover with foil and bake for 25 minutes.

Meanwhile, pile the herbs, capers, anchovy fillets and garlic on to a board and chop together into a coarse paste. Scrape the mixture into a bowl and stir in the mustard and lemon juice.

Beat the remaining butter in a small bowl to soften it and then mix in the flour to make a smooth paste. Remove the sea trout from the oven and carefully pour off the cooking liquor into a small pan. Cover the sea trout again and keep them warm. Place the cooking liquor over a medium-high heat, bring it to a simmer and then whisk in the butter and flour paste. Leave it to simmer for 1 minute, stirring until smooth and thickened. Stir in the herb mixture and take the pan off the heat.

Put the sea trout on 4 warmed plates, spoon over the sauce and serve.