

Pan Fried Chalk stream Trout with Leek Risotto, Watercress Emulsion and Crispy Leeks

This recipe has been supplied by [Stephen Doyle](#), Head Chef at [Winchester Hotel & Spa](#), who have achieved [**Food Allergy Aware Gold Certification**](#).

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Components

1. **Trout fillet**
2. **Risotto base** (recipe below)
3. **Leeks**
4. **Water cress emulsion** (recipe below)
5. **Crispy leeks** (recipe below)



1.TROUT:

Ingredients:

- Trout
- Oil

Method:

- Score the skin diagonally about 3-4 times (this stops the fish from curling in the pan)
- Add a little oil in a pan on medium heat and when hot add in your fish carefully
- Cook till you see the flesh at the skin side start to change colour, turn over and take off the heat.
- It will cook the rest of the way with the residual heat of the pan. This will give you a slight opaque fish in the centre. If you prefer your fish cooked the whole way through, you can turn and leave on the heat for a couple of minutes and then take off.

2.RISOTTO BASE

Ingredients:

- 250g of risotto rice
- 25 grams dairy free butter/spread
- 1 shallot (fine dice)
- 1 small leek (fine diced)
- 2 cloves of garlic (puree)
- Handful of Thyme (just leaves no stalks)
- 200ml white wine
- 1/2ltr veg stock

Method:

- To cook risotto in service, heat butter and water in pan.
- Add risotto, when away, add leeks and seasoning if desired
- Sweat off shallot and leeks in a little oil
- Add garlic and thyme cook for 2 mins more
- Add risotto rice, fry for 2 mins
- Add white wine and cook until its almost gone
- Lower temperature to medium and add a couple of ladles of stock
- Stir every 2 mins until stock is almost gone
- Repeat this process until rice is almost cooked (80%)
- Chill on flat tray ASAP (unless you are going to serve straight away)

4.WATERCRESS EMULSION RECIPE

Ingredients:

- 50g of watercress
- 100g oil Pinch of salt

Method:

- Blanch watercress in boiling water for about 30 seconds, refresh in ice water

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- Squeeze out water and add to a blender with pinch of salt
- Blend on mid speed, add oil slowly
- Once all oil is added, continue blending for 2 mins
- Chill till needed

5.CRISPY LEEKS

Ingredients:

- ½ Leek (julienne cut-long thin cut)
- Corn flour 1 tablespoons
- Onion powder 1/2 tsp
- Pinch Salt n pepper

Method:

- Wash leeks, dry and cut
- Toss together with cornflour, onion powder and seasoning
- Fry in clean fryer till golden
- Shake oil off well
- Transfer to tray with j-cloths, salt them again
- Leave under very low grill for 5/10 mins
- Cool, then store in air sealed tub

Allergen Content – check your ingredient list for hidden allergens			
Allergen	Contains X	Allergen	Contains X
Celery	☒	Molluscs	☐
Crustaceans	☐	Mustard	☐
Dairy (Milk products)	☐	Peanuts	☐
Egg	☐	Sesame	☐
Fish	☒	Soya	☐
Lupin	☐	Sulphites	TBC
Cereals Containing Gluten	☐	Tree Nuts	☐
Wheat,	☐	Walnuts	☐
Rye,	☐	Hazelnuts	☐
Barley	☐	Almonds	☐
Oats	☐	Pecans	☐
		Brazil Nuts	☐
		Macadamia	☐
		Cashew	☐