

ChalkStream® trout fillets, chorizo, peas, grilled little gem & shoots finished with garden pesto.



Ingredients

Pan fried ChalkStream® trout

- 4pce ChalkStream® trout fillet supreme
- 20ml La espanola pure olive oil glass
- 40g Jersey butter (Longley Farm)
- Cornish sea salt
- 6-500g Whole black peppercorn
- 700g Chorizo & Pea Sauce
- 1pce Bb - Fancy Lettuce Little Gem
- 80 Garden Pesto
- 20g Curtis Sunflower Seeds
- 20g Berkswell Cheese
- 20g Bb - Herb Pea Shoots
- 12ml Cold Pressed Rapeseed Oil
- 1pce Bb Lemons

Garden pesto

- 15g Bb Parsley flat
- 8g Bb Mint
- 15g Bb Green basil
- 5g Bp Prep garlic peeled
- Cornish sea salt
- 0.5g Whole black peppercorn
- 20g Sunflower seeds
- 100ml Cold pressed rapeseed oil
- 1pce Bp Lemons
- 40g Berkswell cheese

Chorizo and pea sauce

- 30ml La espanola pure olive oil glass
- 40g Jersey butter (longley farm)
- 100g Shallot banana
- 100g Brindisa mini chorizo dulce
- 80ml White wine
- 140g Essential Cuisine vegetable stock mix
- 180ml Double cream
- 100g Bb - Potato maris piper
- 100g Fresh garden peas in pod
- 4g Bb - Chive
- 5g Bb - Chervil



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Methods

Pan fried ChalkStream® trout fillets

1. In a frying pan add the oil and heat.
2. Season the ChalkStream® trout and cook skin side down until crispy, then baste with butter until cooked - Allow to rest.
3. Warm the sauce and set to one side.
4. Chargrill the Little gem with a small amount of oil and keep warm.
5. Plate the ChalkStream® trout with the chorizo & pea sauce - Serve with the little gem drizzled with garden pesto, toasted sunflower seeds, shavings of berkswell cheese.
6. Garnish with pea shoots tossed in oil and lemon juice.

Chorizo and pea sauce

1. in a sauté pan add the oil and butter and heat.
2. Add the diced shallots and cook with out colour until softened.
3. Then add the diced chorizo and sauté for 1-2 minutes.
4. Deglaze with white wine and then add the vegetable stock mix and reduce by a 1/4.
5. Add the cream and bring to a simmer.
6. Add the diced cooked potatoes and the blanched peas.
7. Finish with chopped herbs and adjust the seasoning if needed.

Garden Pesto

1. In a blender add the herbs and pulse to blend.
2. Then add the garlic, salt, black pepper, toasted sunflower seeds and blend again until combined.
3. Drizzle in the oil and finish with the zest & juice from 1/2 lemon.
4. Stir in the finely grated berkswell cheese.