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by ewfood

Smoked Trout & Walnuts

Ingredients

6 skinned smoked trouts
For The Sauce:
125g walnuts, finely chopped
½ cup fresh white breadcrumbs
90g butter
1 cup parsley, finely chopped
60ml cream
Juice of 1 lemon
50ml walnut oil
salt and freshly ground black pepper

Preparation

1. To make the sauce:
2. Put all ingredients except the walnut oil in a blender and process until the mixture has a creamy consistency.
3. Add the oil gradually, a very little at a time, and process until oil is incorporated.
4. Add salt and pepper to taste.

Cooks Note

Walnut oil and lemon juice go together very well. However so does cider vinegar, which can be substituted for the lemon juice. If you prefer a textured sauce, do not place the walnuts in the blender, add the chopped walnuts to the sauce at the end. The sauce is also delicious served with barbecued chicken.