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by Liz Robb

Trout, apple and dill potato salad



Ingredients

450g baby new potatoes
2 rainbow trout fillets
Butter
1 red onion
1 large Braeburn apple
4-5 large pickled gherkins
3 tablespoons of thick Greek yoghurt
3 tablespoons of mayonnaise
1 lemon
Large handful of fresh dill
Salt and freshly ground black pepper

Preparation

1. 1. Heat the oven to 180 degrees, or 160 degrees fan oven.
2. 2. Scrub the new potatoes, Jersey Royal's if available, and place in a pan of boiling salted water. Simmer gently for about 10 minutes, or until tender. Drain and set aside to cool.
3. 3. Meanwhile, dot the top of the trout fillets with butter and wrap them loosely in lightly oiled foil, folded over to make sealed pockets. Place on a baking tray and bake in the preheated oven for 12-14 minutes. Unwrap when cooked and allow to cool for a few minutes, then peel off the skin, discard any remaining bones and flake gently into large pieces.
4. 4. Slice the red onion thinly and place in a large bowl. Core and cut the apple into small pieces, without removing the skin, and add to the onion. [I like to use Braeburn apples as they are juicy with a little sharpness, but choose a sweeter one if you prefer.] Slice the gherkins thinly, add to the bowl and mix together.
5. 5. Spoon the yoghurt and mayonnaise into the bowl with the vegetables and fruit, chop and add the dill, then squeeze in the juice of half the lemon and mix everything together. Grind in salt and black pepper then taste and adjust the seasoning, adding more lemon juice if needed.
6. 6. Cut the cooled potatoes in half, add to the bowl and toss to combine with the other ingredients. Finally, gently fold the flaked trout into the potato salad without breaking up the pieces too much.
7. Turn into a large serving dish, and sprinkle with finely chopped fresh dill to garnish.

Cooks Note

This light summer dish combines delicate pale pink trout with aromatic dill and the fresh

crunch of apple, with the occasional bite of tangy gherkins, a refreshing change from the usual potato salad that often accompanies salads and barbecues at this time of year. Delicious served cold as a light meal, or as a colourful and tasty addition to buffets and picnics.