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by Liz Robb

Pan Fried Trout with Watercress Sauce

Ingredients

A small onion A stick of celery
50g butter
500ml vegetable stock
2 lemons
120g baby watercress
7-8 tablespoons of low fat crème fraiche
Salt and freshly milled black pepper
4 trout fillets
2 teaspoons of olive oil

Preparation

1. 1. First make the sauce. Peel and chop the onion very finely. Chop the celery very finely too. Melt 40g of butter in a saucepan and sauté the onion over a low heat for 5 minutes, then add the celery and cook for another 5 minutes until soft.
2. 2. Add the hot vegetables stock and simmer briskly for 8-10 minutes. Meanwhile, discard any tough stems from the watercress and chop it roughly.
3. 3. Add the watercress and 2 tablespoons of lemon juice then cook gently for just a minute or two. Pour into a blender and pulse several times. Return to the saucepan on a low heat and stir in the crème fraiche to thicken the sauce, then season well with salt and pepper. Turn off the heat whilst the fish is cooked.
4. 4. Heat the olive oil in a large frying pan and, when it is hot, place the trout fillets in the pan skin side down. Fry them for 3 minutes, or until the skin is crisp and golden brown. Carefully turn the trout over and fry for another 2 minutes, or until the fish is completely cooked through. Lift the fillets out carefully with a fish slice onto warmed plates.
5. 5. Reheat the watercress sauce, stirring in the remaining knob of butter, checking the thickness and the seasoning. Serve with the trout fillets. Garnish with a sprig of watercress and a wedge of lemon.

Cooks Note

This simple but delicious light meal is perfect for a hot day, being quick and easy to prepare from just a few ingredients. I like to serve it with steamed green vegetables or a spray of roasted vine tomatoes, but you can add rice or roast or mashed potatoes if you want to make a more substantial meal, or perhaps some crushed new potatoes.