

DEHESA RECIPE

AUGUST 2008

PAN FRIED SEA TROUT WITH SPINACH, SPRING ONIONS AND A CABERNET SAUVIGNON DRESSING

Serves 4 as a tapa

Sea trout is in season now and makes a great alternative to the prized but expensive wild salmon. Cook the trout "medium" to retain its moisture and show off its firm, meaty flesh.

500g sea trout, fillet weight and pin bones removed

200g large leaf spinach, picked and washed

8 medium spring onions, ends trimmed

100ml cabernet sauvignon vinegar

300ml extra virgin olive oil

2 tablespoons runny honey

Sea salt

Black pepper

Olive oil for cooking

Set a medium saucepan of salted water on a high heat.

In a heat-proof bowl whisk together the olive oil, vinegar and honey. Season well and leave in a warm area to develop for approx twenty minutes.

Portion the sea trout into four even pieces and keep refrigerated until ready to cook.

When the water is boiling plunge in the spring onions and after one minute the spinach, cook for a further one minute until tender. Refresh the spinach and spring onions in iced water, drain and ensure you are rid of all excess moisture.

Heat a large non-stick pan over a medium heat. Season the fish fillets well. Add a lug of olive oil to the pan and then place in the fish fillets skin side down. Pan fry for approx three minutes until the skin is golden brown and beginning to crisp. Turn over the fillets and fry for a further three minutes or until the fish starts to turn translucent. Remove from the pan and rest in a warm place. In the same pan, add the spinach and spring onions and season well. Stir well with a spoon until well warmed through.

To serve, divide the spinach and spring onions between four serving plates followed by a trout fillet.

Finally re- whisk the dressing and check the seasoning again. Spoon over the fish and a little around the plates and serve.