

Pan Roasted fillet of Sea Trout with Charred Baby Fennel Tomato Fondant and Fresh Pea Sauce

Makes 2 Portions

Ingredients

Tomato Fondant

1 small onion, chopped
2 tbsp olive oil
5 whole tomatoes, skinned and deseeded

Pea Sauce

50mls mussel stock
100ml water
100g fresh peas, shelled
salt & pepper to season

Other Ingredients

2 fillets of Sea Trout, scaled and boned – about 170g each
2 bay leaves
2 tbsp olive oil
2 baby fennel, cut in half and cooked slowly in olive oil until tender
100g fresh peas
2 tomatoes, cut into a concasse
coriander leaves
salt & pepper to season

Method

1. For the tomato fondant fry the onions in olive oil until transparent. Add the tomato petals and cook slowly until all the moisture is well reduced. Pass through a fine sieve and reserve.
2. For the pea sauce boil the stock and water, add the peas and cook for 30 seconds. Puree in a blender and pass through a fine sieve. Cool at once on ice and put in the fridge.
3. Season the fish and fry in hot oil with the bay leaves.
4. Chargrill the fennel on one side. Fry the fresh peas in a hot pan for 30 seconds. Add the tomato concasse and coriander leaves.
5. Froth the pea sauce and reheat the fondant of tomato and serve with the fennel Sea Trout and peas.