

Steamed Kilnsey Park Minted Trout Fillets with New Potatoes, Curly Kale and Wharf Valley Dressing

Serves 4

This is one of our healthy options.

Ingredients

2 large Kilnsey trout, filleted and pin boned, to make 4 large fillets (Kilnsey sell these in their shop at the Trout Farm. Kilnsey trout has a unique taste as the farm's streams feed into the trout lakes and the water is so crystal clear it is easy to spot the trout!)

Approximately 20 small new potatoes washed then cooked in salted water.
8 sprigs of Kale picked and all the thick stems removed, plunged into boiling salted water then drained.

Wharfe Valley Dressing

1 small bottle of Wharfe Valley virgin pressed rapeseed oil (other rapeseed oil would be fine)

4 plum tomatoes, cut the tomato into quarters, remove skin and seeds using a knife then finely dice the remaining tomato.

1 small bunch tarragon washed and damped dry on a clean cloth.

1 small bunch chervil washed and damped dry on a clean cloth.

1 small bunch basil washed and damped dry on a clean cloth.

1 small bunch dill washed and damped dry on a clean cloth.

Take all these herbs and pick the leaves off the stems, then coarsely chop the leaves together. Keep the stems to place in the bamboo steamer.

Zest of 1 lemon and its juice (keep the lemon shell to place in the bamboo steamer)

Zest of 1 lime and its juice (keep the lime shell to place in the bamboo steamer)

1 pink grapefruit segmented.

To make the dressing

Place $\frac{1}{4}$ of the bottle of Wharf Valley rapeseed oil into a bowl

Add all of the ingredients and mix together well

Season with salt and pepper.

Keep to one side

To cook the trout

Place all the stalks from the herbs to form a bed in the base of the bamboo steamer.

$\frac{1}{4}$ fill your pan with hot water, chop the lime and lemon shells (de-zested and juiced in the dressing) into the water and bring to the boil.

Next place the bamboo steamer onto the top of your pan with the trout fillets laid over the top of the herbs, skin side down.

Put the lid on top and steam for 4-8 minutes until the trout is cooked through.

Using a palate knife slide it under the fillets and gently turn them over onto a plate, remove the skin, then serve on your warmed plates.
Serve with the hot new potatoes and drained kale tossed in a little dressing
Drizzle the remainder of the dressing around the plates and serve this light meal with a glass of Chablis, Sauvignon Blanc or traditional lemonade.