

Kilnsey Trout Mi Cuit

fennel and wild garlic remoulade, Wharf Valley dressing, fennel pollen wafer

This recipe is for the more advance wild cooks out there; however, if you don't have some of the necessary tools I have included some alternative cooking methods.

Mi Cuit literally means semi-cooked, and traditionally the trout would be vacuum-packed and cooked in a water bath for 12 minutes.

Serves two

Ingredients:

100 g portions of Kilnsey trout filleted, pin boned and skinned then vacuum packed with lemon thyme and a little rape seed oil
1 fennel thinly sliced ideally with a mandolin slicer to get it super thin
1 egg yolk
1 tbsp of Pommery Mustard
1 tsp of Horseradish sauce
200ml Wharfe Valley Rapeseed oil to make the mayonnaise - other rapeseed oil would do.
Salt and pepper
1 tsp of lemon juice
1 tsp of Wormersley vinegar - ideally the lemon and basil vinegar or your own alternative
Micro herbs and cresses, wild sorrel and watercress (we are using Pickering watercress)

For the Fennel pollen wafer:

175 g strong bread flour
12 g butter
2 g salt
100ml water (tepid)
10 g yeast
1 tspn fennel extract
1 tspn fennel pollen

Method to make the fennel pollen wafer:

Rub the butter and salt into the flour until it makes a sand grain like consistency

Melt the yeast in the tepid water and add to the flour along with the fennel pollen and fennel extract

Mould the bread together and knead the bread for approximately 8 minutes or until you hold a ball of dough in your hand the size of a golf ball. Gently prize it apart - if holes form in the dough as you stretch it, the gluten has not been worked enough and you must knead it a little longer.

Form the bread into a baguette and allow to prove. Brush with a neat mixture of egg yolk and salt (The salt helps the egg yolk to break down and gives an extra shine)

Cook at 180°C for approximately 15 minutes or until golden brown.

To make the fennel and garlic remoulade:

Whisk the egg yolk and mustard, then add the lemon and basil vinegar and continue to whisk.

Pour on the rapeseed oil and briskly whisk to form a mayonnaise. Finally add a squeeze of lemon and mix in the thinly sliced fennel.

To cook the trout:

Firstly, half fill a water-bath with water and heat to 43°C.

Place the vacuumed piece of trout into the water bath for 12 minutes.

Simply open the pouch of trout and place on top of the fennel remoulade then place on top of the micro baby salad and serve.

If you do not have access to a vacuum packing machine or water bath, simply place the fish on a greased baking tray and cook in the oven for 5 minutes at 170°C.