

Potted Dunsop Bridge Trout

From Stosie Madi, Parkers Arms, Taste Lancashire Award winner 2014



Ingredients:

250g unsalted butter cut into cubes

1tsp each of mustard powder, fresh ground ginger, cayenne and nutmeg

4 cloves of garlic peeled and the core removed

3 large unwaxed lemons

1 large handful of flat leaf parsley

1 loaf of good country bread sliced thick and toasted

1 handful watercress

6 small jars or 1 large jar

6 small fillets of very good quality lightly smoked river trout – preferably Dunsop Bridge Trout

Method:

1. Boil 250 ml water in a small pan, as soon as it reaches a rolling boil blanch the garlic cloves for 1 minute, drain and refresh the garlic in cold water.
2. Repeat the process 5 times, then using a pestle and mortar or hand blender to puree the garlic with a level tsps salt.
3. Grate the rind of all 3 lemons and reserve. Juice the lemons, sieve and reserve. Pick the parsley leaves off the stalks and chop as fine as you can and reserve.
4. Peel the trout skins off and flake into large rough flakes. Pick any bones and discard. Reserve the skins.
5. In a heavy based pan add the cubed butter and place on moderate heat.
6. Bring to a boil and cook until the solids are brown and the oil is clear.
7. Allow to cool and sieve off the solids.
8. Pour back the clarified butter into a clean pan and warm lightly.
9. Add the trout skins and simmer for 2 minutes to infuse the smoked fish flavours, remove skins and discard, add all the dry spices and simmer for 2 minutes to release the oils. Keep warm.
10. In a bowl mix the flaked fish with the garlic puree, the chopped parsley and the lemon rind, stir in the lemon juice, check the seasoning and pour into sterilised individual jars or 1 large Kilner Jar.

Pour in the warm clarified butter and allow to infuse for 24 hrs before eating.

Enjoy!

Enjoy on slices of good toast and dip into the aromatic spiced butter.

Will store for up to 3 months as long as the fish is preserved under the butter.
