

Pea & mint veloute with rainbow trout



Unless you can find really fresh peas, frozen are often tastier as they are frozen within hours of being picked. They also mean that you can enjoy this delicious soup at any time of the year. Seasoning is really important with a dish as simple as this so pay extra attention to maximise the pea flavour. The optional mint leaf crisps are an easy to make garnish that add crunch and texture.

Ingredients [serves 4]

- 40g unsalted butter
- 1 large banana shallot, finely chopped
- 3 cloves garlic, finely chopped
- 560ml semi-skimmed milk
- 2 tbsp crème fraiche
- 750g frozen petit pois, defrosted
- Leaves from 15g bunch of mint, plus 20 extra for garnish
- 2 x 130g fillets rainbow trout
- Sea salt and freshly ground pepper

Method

1. Preheat the oven to its lowest setting.
2. Gently sweat the shallot and garlic in the butter for 4-5 minutes until soft but not coloured.
3. Add the milk and crème fraiche and bring to the boil.
4. Add the peas and mint and reduce the heat to a bare simmer. Cook for two minutes.
5. Blend the ingredients on full power for two minutes in a blender, then sieve into a bowl over ice.
6. Stir the soup to help cool more quickly, then transfer to the fridge. This will help set the colour.
7. Spray a little olive oil over a sheet of cling film on a baking tray. Lay out the garnish leaves and spray with a little more oil. Add to the oven for 20 minutes and then remove. The leaves should be dark and crisp.
8. Heat a frying pan over a medium heat with a little olive oil. When warm, pan fry the trout for 1.5 minutes on each side. Put to one side to rest.
9. When cool enough to handle flake the fish and split between four warmed bowls.
10. Warm the soup, but do not boil, season well, then aerate with a hand blender. Pour around the fish and garnish with the mint leaf crisps.