

## Trout Gougère

A gougère is a choux pastry ring flavoured with cheese. This one is served hot, with a creamy trout and watercress filling.

### SERVES 8–10

For the Gougère:

- 65g/2½oz plain flour
- 50g/2oz butter
- 150ml/¼ pint water
- 2 eggs, beaten
- 75g/3oz Gruyère cheese, grated

For the filling:

- 350g/12oz trout fillets
- 150ml/¼ pint dry white wine
- 4 fresh parsley sprigs
- ½ lemon, sliced
- 1 bay leaf
- 25g/1oz butter
- 1 small onion, chopped
- 25g/1oz plain flour
- 150ml/¼ pint milk
- 60ml/4 tbsp double cream
- 50g/2oz Gruyère cheese, grated
- 50g/2oz watercress, finely chopped
- Salt and ground black pepper



1. Preheat the oven to 200°C/400°F/Gas 6. Sift the flour on to a sheet of non-stick baking parchment. Draw a 20cm / 8in circle on a separate sheet of baking parchment. Grease a baking sheet and place the parchment on it.
2. Make the choux paste for the ring. In a pan gently heat the butter and water until the butter melts. Bring to the boil then remove the pan from the heat. Quickly tip in all the sifted flour and beat the mixture with a wooden spoon until a smooth, glossy paste forms. Leave to cool for 5 minutes.
3. Add the beaten egg to the cooled paste gradually, stirring all the time to prevent the mixture from curdling. Stir in three-quarters of the grated Gruyère cheese.
4. Spoon the choux paste into a piping bag fitted with a 1cm/½in plain round nozzle and pipe just inside the circle to form a ring. Sprinkle with the remaining cheese. Bake in the oven for 20–25 minutes or until golden brown and crisp.
5. Meanwhile, make the filling. Place the trout fillet, wine, parsley, lemon slices and bay leaf in a large frying pan. Gently poach the fish for 4–6 minutes, until it is cooked. Remove the fish from the pan. Strain the cooking liquid and reserve. Skin the fish, remove any bones and flake it into bitesize pieces.
6. Heat the butter in a pan, add the onion and fry gently for about 5 minutes until softened. Stir the flour into the pan and cook for 1 minute, stirring. Gradually add the reserved cooking liquid and the milk, stirring constantly to form a thick sauce. Add the flaked trout, cream, cheese and watercress to the sauce and season well. Heat gently until piping hot.
7. When the choux ring is cooked, remove it from the oven and place on a warmed serving plate. Slice the gougère in half horizontally and spoon in the hot trout and watercress filling. Replace the pastry lid on the ring and serve immediately.

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