

Trout and Prosciutto Risotto Rolls

This makes a delicious and elegant meal. The risotto, made with porcini mushrooms and prawns, is a fine match for the robust flavour of the trout rolls.

SERVES 4

4 trout fillets, each about 225g/8oz, skinned
4 slices prosciutto
Capers, to garnish

For the risotto:

30ml/2 tbsp olive oil
8 large peeled raw prawns
1 medium onion, chopped
225g/8oz risotto rice
About 105ml white wine
About 750ml/1¼ pints simmering fish stock
15g/½oz/2 tbsp dried porcini or chanterelle mushrooms, soaked for 10 minutes in warm water to cover
Salt and ground black pepper



1. Heat the butter and oil in a heavy frying pan and fry the leek gently for 5 minutes or until softened, stirring occasionally.
2. Add the bacon to the pan and fry until it is just beginning to turn colour, stirring all the time. Add the prawns, increase the heat and stir-fry for 5 minutes. Remove from the heat.
3. Cut the trout fillet into bitesize pieces and stir into the bacon and prawn mixture. Season with a little salt if required and plenty of pepper. Divide the mixture among six ramekins.
4. Preheat the oven to 190°C/375°F/Gas 5. In a jug beat the sour cream and egg with a fork. Season lightly. Pour one-sixth of the mixture into each ramekin and sprinkle the grated cheese over the top.
5. Bake the pots in the preheated oven for 15 minutes or until the top is golden brown and bubbling. Serve straight from the oven with chunks of warm, crusty bread, if you like.

Recipe reproduced by kind permission of Jane Bamforth and Lorenz Books