

Trout Bisque

INGREDIENTS - SERVES 4

15ml/1 tbsp olive oil
1 onion, chopped
1 red (bell) pepper, finely chopped
1 crushed garlic clove
1 medium potato, diced
2 tomatoes, skinned and chopped
300ml/ ½ pint/ 1 ¼ cups fish stock
225g/8oz trout fillet, skinned and diced
1.5ml/ ¼ tsp. chilli powder
15ml/ 1 tbsp chopped fresh tarragon
300ml/ ½ pint/ 1¼ cups milk
30ml/ 2 tbsp dry sherry
150ml/ ¼ pint/ 2/3 cup double (heavy) cream
Salt and ground black pepper
Sprigs of watercress to garnish



1. Heat the olive oil in a large pan, add the onion, pepper, garlic and potato. Fry gently for 5 minutes, stirring constantly, until the onion has just softened.
2. Add the tomatoes and stock to the pan, increase the heat and bring to the boil. Then reduce the heat and allow to simmer for 10 minutes or until the vegetables are soft.
3. Add the trout, chilli powder and chopped tarragon. Simmer gently for a further 5 minutes or until the fish is just cooked and is starting to flake.
4. Remove from the heat, and stir in half the milk. Set aside for 20-30 minutes and allow to cool.
5. Pour the mixture into a food processor and blend until smooth. Scrape into a clean pan and stir in the sherry and cream, with the remaining milk.
6. Heat the soup gently, stirring until piping hot. Season to taste, divide into soup bowls, garnish with sprigs of watercress and serve with crusty bread

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