



Blackpudding & buttered pink trout, mustard & nettle sauce

4 portions

Ingredients

For the blackpudding

- 350g Good quality ready-made Blackpudding mix
- 200g Trout Fillet - Skinned and Pin boned
- 100g Chopped Onion
- 240g Butter
- 12 x Blanched & chopped Nettle Leaves or the equivalent in Watercress leaves
- 16 Finely Sliced Onion Rings
- 125g Butter for poaching the Trout
- Juice of 1/4 lemon

For the mustard & nettle sauce

- 400 ml Chicken Stock
- 160 ml White Wine
- 200 ml Double Cream
- 12 x Blanched Nettle leaves or Watercress
- Coleman's English Mustard to taste

Method

For the blackpudding

- Take a medium stainless steel bowl, place in the Blackpudding and break down with the back of a wooden spoon
- Sauté off the onions in butter for 30 seconds, place into the pudding mix
- season with salt and pepper
- Line the four moulds with cling film, leaving a good overlap. Divide the pudding mix equally between the moulds, cover with cling film and press down well. Steam for 10 - 12 minutes
- Melt the butter in a medium size heavy bottom pan, place the Trout fillets in and gently poach. (In this instance the pan must be covered with a lid to allow the Trout to gently poach in the butter)
- Drain off most of the excess butter, add salt, lemon juice and the chopped nettle leaves, with the back of a fork, flake the trout, until a pate like consistency. Check the seasoning and keep warm

For the mustard and nettle sauce

- Reduce Chicken stock and wine by half add cream and reduce by half again
- Add mustard, liquidise. Correct seasoning
- Roughly chop the nettles and add before serving

For the onion rings

- Dip the onion ring in milk, pass through a 50/80 x of Paprika and seasoned plain flour.
- Deep Fry at 140°C until golden brown and reserve

To assemble

Take the steamed black pudding and press out of the cutter on to the center of the plate, sauce around the black pudding. Quenelle the trout on top of the black pudding, garnish with the onion rings and serve