



Recipe
suggestions

Wild sea trout with samphire (serves 2)

Ingredients

- > sea trout fillets x 2,
180g each
- > 1 tbsp olive oil
- > knob of butter
- > samphire, 3 handfuls

Method

- > Gently heat the olive oil and butter in a frying pan
- > Add the fish, skin-side down and fry for 5 mins
- > Meanwhile, place the samphire into a pan of unsalted boiling water for 1 min, then drain and plunge into cold water to prevent it from overcooking
- > Turn the fish over and cook for another 2 mins
- > Serve with the fish on top of the samphire, with a dollop of hollandaise on the side

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H. R. H. The Prince of Wales
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