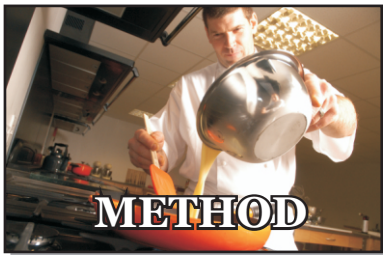


fresh and smoked trout rilette

200gm smoked trout slices
 500gm fresh trout skinned
 250gm duck fat
 2 tbsp chopped coriander
 3 plum tomatoes skinned deseeded
 75gm fresh horseradish
 350gm whipping cream



raw fish chopping board
 large saucpan
 large spoon
 terrine mould
 cling film



remove any pin bones from the fish and the grey underside. Cut into small pieces

heat up the fat to 80 degrees. Add the fresh trout and gently poach the fish for about 5 minutes until just cooked

remove from the heat and cool in the fat. Add the diced tomatoes

remove the fish from the fat using a slotted spoon and flake into a bowl with 2 to 3 tablespoons of duck fat, the coriander and season with salt and pepper

line the terrine moulds with smoked trout and carefully spoon in the flaked fish and press down firmly. chill for 2 to 3 hours

bring to the boil the cream in a pan and reduce by half

peel and grate the horseradish and blanch in boiling water for 1 minute, just to remove the bitterness

add the reduced cream and season with a squeeze of lemon juice and place in a container and chill for 2 hours. It should have the consistency of clotted cream

slice the terrine and serve with quenelles of horseradish cream