

Sea Trout, Shetland Black Potato Fondants, Asparagus Salsa Verde Emulsion & Vanilla Mayonnaise



Serves: 2

Profitability:

Steps:

For the Fondants: Sear the seasoned potatoes in a medium hot pan to colour. Heat the stock, wine, garlic and thyme in another pan. Place potatoes in a roasting tray, pour in stock, add butter and thyme and cook at 180°C for around 15-20 minutes until tender

For the Salsa: Blitz the capers, gherkins, lemon zest, parsley and chives with the oil. Heat the green oil until simmering and pass through a muslin. Leave to cool then refrigerate. Blitz the eggs, mustard and salt and slowly add oil in to mix until emulsified and season

For the Mayonnaise: Blitz eggs, mustard and vanilla seeds and slowly add oil until emulsified and thick, then add the white wine vinegar

For the Sea Trout & Asparagus: Trim asparagus to desired height then blanch in salted simmering water for 2-3 minutes depending on size. Toss in clarified butter and season. In a medium to hot pan fry the sea trout skin side down until cooked 2/3 through. Turnover, remove from the heat and leave for around 1 minute

To serve, drag a spoonful of emulsion across the centre of the plate. Arrange the fondants around the emulsion and lay the asparagus in the centre of the plate. Place three generous dots of vanilla mayo around the emulsion. Garnish with capers, caper berries and samphire.

Ingredients:

For the Fondants

4 Shetland black potatoes

200ml chicken stock

120ml white wine

1 sprig of thyme

2 garlic cloves

Season salt

200g butter

For the Salsa Verde Emulsion - makes 10 portions

1 small handful of capers

1 small handful of gherkins

1 lemon zest

1 bunch of parsley

1 bunch of chives

350g rapeseed oil

10g white wine vinegar

15g Dijon mustard

1 egg yolk

1 egg white

Season salt

For the Vanilla Mayonnaise - makes 10 portions

1 egg yolk

1 whole egg

15g Dijon mustard

3g salt

1 vanilla pod

350g rapeseed oil

20g white wine vinegar

For the Sea Trout & Asparagus

12 asparagus spears

2 x 4oz - 8oz sea trout fillets

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