

SMOKED TROUT MOUSSE



Type of dish :

Entrée

Categories :

Fish, crustaceans and shellfish

Delicatessen products

Ingredients

- ✓ 1/4 l concentrated fish stock (fumet)
- ✓ 250 g smoked trout fillets
- ✓ 125 ml cream
- ✓ 5 g dairy butter
- ✓ 15 g flour
- ✓ 3 leaves of gelatine
- ✓ 5 sprigs of chives
- ✓ 1 tablespoon of lemon juice

Preparation

Soak the gelatine in water. Chop the chives. Cut the fish into pieces. Mash them with a fork or in a blender. Melt the butter in a frying pan. Add the flour steadily. Allow the whole to boil for one minute.

Drain the leaves of gelatine and dissolve them in the hot sauce. Mix in the lemon juice and the trout.

Whisk the cream to thicken and sprinkle with chopped chives. Then simply add the whipped cream to the fish and leave the mousse to set overnight in the refrigerator.

Cut the trout mousse into portions. Serve with a cucumber salad and buttered toast.

