



# Roast Sea Trout

To serve 4

- 4- 6oz trout steaks
- Cherry tomatoes on the vine cut into bunches of 5
- 10 tomatoes blanched, peeled, quartered and deseeded
- 1 clove garlic crushed
- 2 tsp olive oil
- 300-400g green beans
- 25g white wine vinegar
- 25g brown sugar
- 1tsp tomato puree
- ½ finely diced onion
- Salt and white pepper to season
- 4oz butter

## Method

1. Make sure trout is fully scaled and the belly is trimmed back
2. In a warm sauce pan place approximately 1oz butter, onions, and garlic sweat down till soft and starts to turn translucent
3. Add tomato puree, cook out for a few minutes
4. Add tomatoes and olive oil then cook on a low temperature until moisture evaporates and thickens
5. Add vinegar and sugar to adjust balance, cook out for 5 minutes until finished
6. Rub trout in oil then season in white pepper and salt
7. Place in a hot frying pan once coloured turn over, place in cherry tomatoes and roast for 10-15 minutes
8. While trout is roasting bring a small pan of water to the boil add a pinch of salt then trim the beans and cook for 2.30 minute

