

# Sous vide sea trout, scallop mousse, crispy fish skin, fennel confit, sea greens and smoked mussel cream sauce

**30 mins to 1 hour**

preparation time

**1 to 2 hours**

cooking time

**Serves 4**

## Ingredients

### For the trout

- 500g/1lb 2oz sea trout fillet, pin bones removed, with skin
- 4 sprigs fresh dill
- ½ lemon, juice only
- knob of unsalted butter
- 200g/7oz sea purslane, woody stalks removed
- 1 tbsp vegetable oil

### For the scallop mousse

- 8 large scallops, cleaned and corals removed
- 100ml /3½fl oz double cream
- sea salt and freshly ground white pepper

### For the fennel confit

- 2 bulbs fennel
- 1 litre/1¾ pints cold-pressed rapeseed oil
- 1 tsp lemon juice

### For the mussels

- 500g/1lb 2oz live mussels, cleaned, beards removed
- wood chips, for smoking
- 300ml/10fl oz double cream

### For the watercress oil

- 100g/3½oz fresh watercress
- 50ml/2fl oz olive oil

### For the garnish

- 1 small jar salmon roe

## Preparation method

1. Remove the skin from the trout fillet, scrape off any excess flesh and set the skin aside.
2. Place the fillet in a sous vide bag with the dill and lemon juice then vacuum seal the bag.
3. Heat a water bath to 52.5C/126.5F and place the trout fillet in the bath for 28 minutes. Remove from the bath and leave to cool.

**By Tom Whitaker**

**From MasterChef**

*Cooking sous vide (sealed in a vacuum bag) at a low temperature in a water bath results in meltingly tender flesh. This is a dazzling dish for a special occasion.*

- 4. For the mousse, place the scallops in a food processor and blend until smooth. With the motor still running, gradually add the cream and season with salt and white pepper. Transfer to a bowl, cover with cling film and chill until firm.**
5. For the confit, cut the green fronds off the top of the fennel and reserve them for the garnish. Finely slice the fennel bulbs using a mandolin and place in a wide pan. Cover with the rapeseed oil and heat very gently for one hour or until very soft. Drain off the excess oil using a sieve and season the fennel with a little sea salt and lemon juice. Keep warm until serving.
6. For the mussels, bring a few tablespoons of water to the boil in a large pan, add the mussels, cover, and cook for 30 seconds or until the shells have opened. Drain the mussels, discarding any that remain closed. Remove the meat from the mussels and reserve the shells.
7. Place the wood chips in the smoker and place over a gas hob on a medium heat. Place the shells on one side of the smoking rack and the mussels on the other, cover with the lid and smoke for 20 minutes. Remove from the heat and set aside until needed.
8. Place the smoked mussel shells into a saucepan with the double cream. Heat gently for 10 minutes until the cream has thickened slightly and has taken on a smokey flavour. Strain through a fine sieve then season to taste with sea salt and freshly ground white pepper. Reheat gently before serving.
9. For the fish skin, heat the grill to its highest setting, rub the fish skin with the butter and place on a baking tray under the grill. Cook for about five minutes on each side, taking care it doesn't burn. Leave the skin to cool then cut into 12 small squares. Set aside for the garnish.
10. Remove the leaves from watercress and blend them in a food processor, adding the olive oil in a gentle stream. Transfer to a squeeze bottle and set aside.
11. Preheat the oven to 180C/350F/Gas 4. Form the scallop mousse into quenelles using two teaspoons and place in groups of three on a baking tray lined with greaseproof paper. You will need 12 quenelles in total. Place metal rings over the quenelles and cover them with aluminium foil – this will stop them from colouring. Bake them in the oven for 15 minutes or until just set.
12. Clean the sea purslane and remove any woody parts. Bring a pan of salted water to a simmer and cook the purslane for about eight minutes or until tender.
13. Carefully remove the trout from the sous vide bag and cut into 12 cubes. Heat a frying pan over a medium heat with the vegetable oil and a little salt and freshly ground white pepper. Cook the cubes of fish until they are lightly coloured then remove from the pan – they are already cooked so should not be in the pan for more than a few minutes.

- 
- 14. To serve, place three spoonfuls of the fennel diagonally on each of four square plates. Place a cube of sea trout on top of each one and a piece of crispy skin on the top of each piece of fish, with some fish eggs and a sprig of fennel frond on top of that. Arrange the mousse quenelles on the plates, spoon a little smoked mussel sauce onto the plates, squeeze a dot of the watercress oil on top then decorate with the sea purslane and smoked mussels.**