Trout with Lemon Leeks and Potatoes

2 plates, each with 1 trout fillet, half the lemon leeks and half the potatoes · Active 25 min · Total 55 min

Skills: Beginner with ordinary kitchen equipment

Ingredients

• 2 boneless skinless farmed rainbow trout fillets (300 g total raw)

• 2 medium leeks, white and pale-green parts only, split, washed and sliced (250 g prepared)

• 2 medium potatoes, scrubbed and cut in 3 cm/1 1/4-inch chunks (400 g raw, skin on)

• 4 cups drinking water (1 litre), for boiling and draining potatoes

• 2 teaspoons unsalted butter (10 g)

• 1 teaspoon olive oil (5 ml/about 4.5 g)

• 1/4 cup drinking water (60 ml), plus up to 30 ml if the leek pan dries

• 1 tablespoon plus 1 teaspoon lemon juice (20 ml/about 20 g)

• 1/4 teaspoon fine salt (1.5 g), divided

• 1/8 teaspoon black pepper (0.3 g)

Set out

28 cm/11-inch skillet with lid, 2-litre/2-quart saucepan, Sieve, Broad fish spatula, Knife and separate raw-fish board, Kitchen scale, Food thermometer, 2 plates

Allergens

Fish, Milk in butter. Check labels and substitutions.

Make it

1. Put potatoes and their water in the saucepan. Bring to a boil and simmer for 15–20 minutes until tender through the largest chunks, then drain and cover off the heat.

2. Meanwhile split and wash the leek layers thoroughly, then slice. Melt butter with oil in the skillet over medium-low heat. Add leeks and half the salt and cook gently for 7–8 minutes, stirring. Add 60 ml water, cover and cook for another 5 minutes until soft.

3. Keep raw trout cold until needed and use a separate board, cleaning equipment and hands afterward. Lay fillets on the softened leeks and season with remaining salt and pepper. Cover and cook over low heat for about 8–12 minutes, depending on thickness, until the thickest parts reach 145°F/63°C and the flesh is opaque and separates easily. Add a little extra water if the pan dries before fish is ready.

4. Lift one fillet to each plate with the broad spatula. Stir lemon into the leeks and divide leeks, juices and potatoes between the plates. Serve promptly.

A useful kitchen skill

Open leek layers before washing so grit can escape, and match a covered-pan cooking method with an honestly pale finished fish.

A useful detail

The 55-minute total includes careful leek washing; potatoes cook while the leeks and fish finish. This covered method produces steamed trout, not a browned or crisp-skinned fillet.

Keep it well

Refrigerate leftovers promptly in shallow containers at 40°F/4°C or below within 2 hours, or 1 hour above 90°F/32°C. Use within 2 days. Reheat only the needed portion to 165°F/74°C throughout, gently covered with a little drinking water if needed. Fish will firm further during reheating.