Pan-Seared Trout with Cucumber-Dill Potatoes

2 trout and potato supper plates · Active 30 min · Total 50 min

Skills: Confident beginner

Ingredients

• 12 oz small waxy potatoes, scrubbed and cut into 1-inch (2.5 cm) chunks (350 g)

• About 3 1/3 cups drinking-quality water for simmering the potatoes (800 ml), or enough to cover them

• 2 skin-on trout fillets, pin bones removed, each no longer than 7 inches (18 cm) and no wider than 2 1/2 inches (6 cm) (5 oz/140 g each; 280 g total)

• 2 teaspoons olive oil (10 ml)

• 2 teaspoons unsalted butter (10 g)

• 1/2 cucumber, very watery seeds removed and flesh diced (150 g prepared)

• Scant 1/2 cup thick plain yogurt (100 g)

• 2 teaspoons Dijon mustard (10 g)

• 1 tablespoon lemon juice (15 ml)

• 2 tablespoons chopped dill (8 g), divided

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

• 1/4 teaspoon black pepper (0.5 g), divided

Set out

At least 2-liter (2.1-quart) saucepan, Colander, Nonstick skillet with a usable flat cooking base at least 8 inches (20 cm) across; check both fillets fit flat without overlap, Fish spatula or broad thin spatula, Instant-read thermometer, Separate raw-fish board, Mixing bowl, Clean pin-bone tweezers if required

Allergens

Fish (trout), Milk, Mustard. Check labels and substitutions.

Make it

1. Put potatoes in the saucepan, cover with the cooking water and bring to a boil. Simmer for 12–15 minutes until tender. Drain thoroughly and set the pot briefly on a stable heatproof surface. Meanwhile keep fish refrigerated until the skillet is ready.

2. With clean hands, board and utensils, mix cucumber, yogurt, mustard, lemon juice, half the dill and half each of the salt and pepper in the bowl. Keep cool while cooking the fish.

3. Check that both fillets will fit flat on the usable cooking base without overlapping; if not, cook them in two batches and divide the oil and butter equally between those batches. Pat trout dry and season with the remaining salt and pepper. Heat the oil and butter for the batch in the skillet over medium heat. Add fillets skin-side down, press gently for a few seconds with the spatula if the skin curls, and cook for about 4–5 minutes until the skin releases and the flesh is mostly opaque up the sides.

4. Turn carefully and cook for another 1–3 minutes, depending on thickness, until the thickest part of each fillet reaches 145°F/63°C. Check both; cook longer if necessary. Transfer to two clean plates. If cooking separate batches, place the first cooked fillet on its clean serving plate while the second cooks, then serve both promptly; allow an extra 5–8 minutes for that second batch.

5. Fold the cucumber dressing through the warm drained potatoes just before eating. Divide beside the trout and sprinkle the remaining dill over the fish. Serve immediately rather than holding the dressed potatoes warm.

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Buy cold food last

Shop for fish after shelf-stable groceries, transport it in appropriate cold storage and move it promptly into a verified refrigerator at 40°F/4°C or below. Do not leave the shopping bag in a sun-warmed cab.

Timing

Plan about 50 minutes total when both fillets fit together, or about 55–60 minutes when they must cook sequentially. Potato simmering overlaps sauce preparation; the single burner is then used for trout. Particularly thick fillets can take longer.

A useful detail

The skillet’s rim diameter does not establish its usable cooking area. Check for a flat base at least 8 inches (20 cm) across and fillets no larger than 7 by 2 1/2 inches (18 by 6 cm). Both must lie flat without overlapping; otherwise cook sequentially with the divided oil and butter. Fillet thickness changes the clock, so the 145°F/63°C endpoint controls.

Keep it well

Keep raw fish at 40°F/4°C or below and follow its use-by date; cook it on the purchase day for this plan. Refrigerate cooked fish and dressed potatoes separately within 2 hours, or 1 hour above 90°F/32°C. Use within 2 days. Reheat the fish once to 165°F/74°C; keep the yogurt-dressed potatoes cold and do not hold them at room temperature for travel.