

Mousse de truite fumée

Smoked trout mousse

You will need 4 ramekins greased with peanut oil.

- ½ lb (250 g) smoked trout
- 1 dessertspoon gelatine
- ½ cup (120 ml) hot water
- 1 shallot or a spring onion sliced
- ½ cup (120 ml) cream
- Salt
- freshly ground pepper

Skin the trout. Remove the flesh from the bones carefully, making sure there are no bones left and chop the flesh into small pieces. Dissolve the gelatine in the hot water, put it in a blender with the shallot, purée and allow to cool. Add the trout to the blender with a good pinch of salt and purée again. When it is completely smooth add the cream and blend again.

Pour the mixture into the greased ramekins and allow to set for 2-3 hours. It could be made the day before.

To unmould, dip the ramekins quickly into warm water and invert them onto a plate.

Garnish with a mixture of finely chopped parsley, onion and lemon juice mixed together.

Serve at room temperature with buttered brown toast, brown bread or Melba toast.