

Trout Open Sandwiches

Printed from Trout Recipes at <http://www.troutrecipes.co.uk/>

These speedy open sandwiches would make a sophisticated starter at any dinner party but would also work well for a lovely relaxed lunch. Serve with a big salad.

Ingredients:

300g trout, skinned and boned
Water, 1 tbsp. white wine vinegar and 1 bay leaf
1 bunch of parsley
4 slices brown bread, toasted, or ciabatta
4 tbsp. mayonnaise
2 tbsp. white wine vinegar
Salt and pepper

Directions:

1. Bring around 5cm of water to the boil in a large saucepan with the vinegar and bay leaf. Once boiling, add the trout, reduce to a simmer and then turn off the heat. Cover and leave for ten minutes, then remove from the pan, discarding the poaching liquid.
2. Finely chop the parsley. Mix with the mayonnaise, 2 tbsp. white wine vinegar and salt and pepper. Spread onto the toasted bread.
3. Flake the trout then arrange on top of the bread. Serve.

Author: Laura Young