

Smoked Trout, Cucumber & Radish Salad



Serves 2 Prep 30 mins + 45 Mins chilling No cook Easy

Ingredients

150g smoked trout fillet, sliced thinly
1/2 cucumber, peeled, cut in 1/2 lengthways
12 radishes, sliced
1/2 tsp salt
2 tbsp rice or white wine vinegar
1/2 tsp kalonji (black onion seeds) (optional)

For the mayonnaise

leaves of 1 large sprig of tarragon
1 egg yolk
1/2 tsp French Dijon mustard
1 tablespoon lemon juice
60ml lemon olive oil
or extra virgin olive oil
90ml groundnut or rapeseed oil
salt

To serve:

thinly sliced brown bread, lightly toasted

1. Leave the trout fillet aside for the moment. Start with the cucumber and radishes, using a teaspoon, or a melon-balling knife, remove the seeds of the cucumber, then slice it into pieces about the thickness of a £1 coin, Mix with the radishes and salt. Cover and set aside for quarter of an hour, Now knead the cucumber and radishes with your hands for a minute or so, then transfer to a colander, Squeeze out excess water with your hands, Transfer the vegetables to a clean bowl, and stir in the vinegar and kalonji, Cover and leave in the fridge for at least 30 minutes until needed.
2. To make the mayonnaise, begin by pounding the tarragon leaves and a little salt to a paste in a mortar, Work in the egg yolk, mustard and lemon juice, Mix the two oils in a jug. Drip them in, whisking constantly, and keeping on drip, drip, dripping, until a third of the oil has been used, Now you can increase the flow of the oil to a slow, steady trickle, always whisking all the time, Keep on going until the oil is all incorporated, Taste and adjust seasonings, adding more salt or lemon as needed.
3. To serve, arrange one quarter of the trout on each plate with a little of the cucumber and radish salad, a mound of tarragon mayonnaise, and a slice of bread.