

Today's special Gin-cured trout with yogurt purée and cucumber salsa

A beautifully delicate starter from
The Surprise in London's Chelsea

Recipe CHRIS HEATHER Photograph HELEN CATHCART

25 MINUTES + OVERNIGHT CURING | SERVES 6-8 | EASY | 

To make chive oil, blitz a small bunch of chives with 100ml of neutral-flavoured oil in a high-powered blender, then strain and discard the solids – it will keep in the fridge for two weeks.

trout fillet 1 side (about 700g, we used ChalkStream), skinned
CURE

gin 200ml

caster sugar 100g

fine sea salt 100g

juniper berries 20g

star anise 4

whole black peppercorns 25g

fennel seeds 25g

lemons 2, zested

limes 2, zested

dill a small bunch, plus extra to serve

YOGURT PURÉE

natural yogurt 450ml

agar agar 5g

lemon 1/2, juiced

caster sugar 75g

sea salt flakes 1 tsp

creamed horseradish 1 tsp

CUCUMBER SALSA

cucumber 1, finely chopped

shallot 1 long, finely chopped

lime 1, zested

icing sugar 10g

chive oil 20ml (see intro above)

TO SERVE

grapes a handful, sliced

keta caviar 2-3 tsp (optional)

1 Blitz all the cure ingredients in a food processor to a paste. Cover the trout with the cure and chill for 6 hours. Turn over the fillet and chill for 6 hours more or overnight. Once cured, rinse off the excess cure and thinly slice the fish. Arrange over six or eight plates.

2 Mix together all the ingredients for the yogurt purée and spoon into a piping bag. Pipe dots of the purée over the trout slices. Combine all the ingredients for the cucumber salsa and spoon small mounds over the fish. Garnish with grapes, dill and caviar, if you like.

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PER SERVING (8) 244 kcal | fat 8.7G | saturates 2.3G
carbs 17.5G | sugars 17.5G | fibre 1.3G | protein 21.3G | salt 2.8G



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