

**TROUT FILLETS with HAZELNUT SAUCE serves 6**

This recipe has all the symbolism of approaching autumn

- Ingredients**      6-12 fillets of trout
- sauce*            fish bones from the trout  
                     400ml (14 fl oz) white wine  
                     100ml (2 fl oz) water  
                     400ml (14 fl oz) crème fraiche  
                     60g (2oz) butter  
                     100g (4oz) toasted hazelnuts  
                     4 tbs hazelnut oil
- to serve*        sautéed grated courgettes  
                     mashed potato flavoured with nut oil

**Method**            Make stock by simmering the bones, wine and water. Simmer for 30 minutes. Strain and then simmer and reduce to 50 ml.

Add the crème fraiche and boil down to half volume. Pour into a liquidiser, add the hazelnuts and nut oil and blend to form a smooth sauce. Keep it warm in a saucepan.

Dip the fish in flour, pepper and salt. Heat butter and fry fish 3 minutes per side.

To serve, place fillets on warm plates and pour over some sauce. Accompany with nut oil flavoured mashed potato and sautéed courgette.

**To get ahead**    Fry the fish on one side only. Place brown side up on a baking sheet covered with Bakewell paper. Cool then finish the cooking in a hot oven for 5 minutes.

**Note**                For grated sautéed courgettes, cook them in a broad frying pan with a little butter and salt. Stir fry as they cook. This only takes a few minutes and tastes very fresh.