

Yorkshire Trout with Char-Grilled Asparagus



INGREDIENTS

For the trout:

Drizzle of olive oil
4 trout fillets (boned)
8 asparagus spears (trimmed and peeled)
Freshly ground black pepper

For the blood orange hollandaise:

2 tbsp blood orange juice
1 tbsp white wine vinegar
175 g butter
3 egg yolks (medium eggs)
1 tsp caster sugar
A pinch of salt

METHOD

1. Place the prepared trout fillets onto a baking tray, drizzle with a little olive oil and season with salt and freshly ground black pepper.
2. Place under a pre-heated grill and cook until the flesh has become firm; approximately 3-5 minutes.
3. Whilst the trout is cooking brush a hot griddle with a little olive oil.
4. Place the asparagus on the griddle and cook for 2-3 minutes, turning regularly to achieve the char-grilled lines.
5. Place the orange juice and white wine vinegar in a small saucepan over a moderate heat and simmer for one minute.
6. In another pan, melt the butter on a moderate heat so it does not colour.
7. Using a hand blender, blend together the egg yolks, sugar and salt for a few seconds.
8. Whilst continuing to whisk, gradually add the warm orange juice and vinegar followed slowly by the melted butter. Check the seasoning.
9. Keep warm by standing the bowl in a bain-marie.
10. *To serve:* Arrange the asparagus on a plate and top with the trout fillets. Finish with a spoonful of the Blood Orange Hollandaise Sauce and decorate with orange zest if desired.