

Pepper crusted trout fillets with tomato and basil salsa

- 6 trout fillets each weighing about 175 grams(6 oz)

For the crust

- 2 tbsp peppercorns (a mix of pink, green, white and black), either coarsely ground or crushed in a pestle and mortar with 1 tsp flaky salt, such as Malden
- 2 tbsp demerara sugar
- 2 tbsp chopped parsley, preferably flat-leaved
- 2 tbsp extra virgin olive oil

For the Salsa

- 6 vine tomatoes, skinned, seeded and the flesh diced small
- 1 tbsp very fine chopped red onion and a handful of basil leaves torn
- Finely grated rind of 1 lime or lemon
- 2 sticks of celery, trimmed and sliced transparently thin
- 2 tbsp balsamic vinegar
- 4 tbsp extra virgin olive oil
- 1/2 tsp flaky salt

The inspiration for this came from Skippers Restaurant in Leith.

Mix together the crust ingredients. Put the fillets on a baking tray lined with baking paper and divide the mixture between them. Smear it over the surface of the fish. You can do this several hours in advance.

Heat the oil in a large saute pan to a high temperature. Put the fillets of trout into the pan, crust side down, and cook for about 2 – 3 minutes before turning them over and cooking for a further couple of minutes on the other side.. The spitting will be horrendous, but the taste is worth it.

Carefully mix all the salsa ingredients. Serve the trout as soon as it is cooked with a spoonful of salsa beside the fish. The salsa is better if made several hours in advance.

Serves 6.