

Chicory and Watercress Salad with Smoked Trout

(Serves 6)

Chicory is rich in inulin, which helps to regulate blood sugar levels. Tarragon aids both liver and digestive functions, making this a great addition to rich festive food. The dressing offers a bit of seasonal luxury as it is a sort of 'cheat's Béarnaise' - same basic ingredients but without the technical bits!

1. Remove coarse stalks from the watercress. Arrange on 6 plates but keep a few sprigs for garnish.
2. Remove the tough base from the chicory. Chop all but the innermost and delicate leaves coarsely and mix in with the watercress.
3. Break the smoked trout into generous flakes and arrange over the salad.
4. Melt the butter in a small saucepan. Add the shallot and soften over a low heat.
5. Add salt, lemon juice, wine, vinegar and half of the chopped tarragon. Cook over a low until reduced by half.
6. Remove from the heat; add the olive oil and black pepper and taste for more salt.
7. Drizzle the warm dressing over the salad and garnish with remaining watercress and small endive leaves.

Recipe provided by www.cambridgecookeryschool.com

INGREDIENTS

- 2 large bags of watercress
- 2 white bulbs of chicory
- 2 red bulbs of chicory
- 4 smoked trout fillets from
The Larder
- 2 tablespoons butter
- 3 shallots, finely chopped
- ½ teaspoon Maldon sea salt
- Freshly ground black pepper
- 150ml/5 fl oz dry white wine
- Juice from one lemon
- 1/8 teaspoon Cider or white
wine vinegar
- A bunch of fresh tarragon
finely chopped
- 90ml/3 fl oz Mother's Garden Spanish
Extra-virgin olive oil from The Larder