

GREAT CORNISH FOOD



TREWITHEN TROUT

CORNWALL CHEF PAUL RIPLEY WOWS WITH HIS UNFLAPPABLE TREWITHEN TROUT

Words by Sarah Harrington, photographs by Mike Searle

Renowned Michelin maestro Paul Ripley, head chef at the recently opened Great Cornish Food Store in Truro, showcases his never floundering passion for Cornwall and its produce with a fish dish made using Trewithen Dairy's natural yoghurt.

Paul's love for the far South West started early, the result of warm summer days staying with his grandmother in Looe as a young lad. Among his formative memories are the sights, sounds and smells of visits to the fish market, and the visceral thrill of buying live crabs, popping them in the pot and then cracking the claws open for delicious meat.

It was only a matter of time before he found his way back to the county. After developing his skills at Lortalon in Berkshire, Paul earned his stripes with Rick Stein, working with him for 11 years before paddling out on his own. Paul has been serving up great food for 35 years now; passionate about provenance, Cornwall and the great suppliers he has built relationships and friendships with, he wouldn't want to be based anywhere else.

Whether it is enjoying cooking with some of the best ingredients in world, the inspiration he finds in the freshness and variety of produce on offer, or just the simple pleasures of the amazing environment and landscape to explore, he loves the balance of work and play that Cornwall offers.

"Cornwall is everything to me," says Paul. "Obviously, there is the amazing provenance of Cornwall's natural larder, but also just the fresh air and miles of coastline makes it a really special place to live and work. I love getting out on my kayak, but I must admit, I'm a terrible surfer!"

Paul uses Trewithen Dairy's products due to the fact the brand delivers consistent quality and an unwavering high standard. It is reassuring for Paul to know that he will be able to achieve a fantastic result by using Trewithen Dairy's products time and time again.

"I hope you enjoy my recipe," he continues. "It's really delicious and perfect for entertaining guests. I use Trewithen Dairy's yoghurt in many of my recipes. I particularly like it because it is thick, creamy and jam-packed full of flavour. It's perfect for dishes that are savoury or sweet so it's a great all-round, versatile product. Cornish ingredients are now used all over the country, but being based in Cornwall means we get first dibs!"

Fond memories of making potted crab with his grandmother and his early days spent at Cornish harbours and beaches has led him to create this exception seafood dish. Paul maintains that his grandmother's crab sandwiches were the absolute best he has ever tasted, and this is still one of his favourite dishes to this day. 🐟

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the ingredients

325g trout fillet (skinned)
75g smoked trout (roughly chopped)
125g Trewithen Dairy's unsalted butter
3 tablespoons of Trewithen Dairy's thick natural yoghurt
Half a tablespoon of chopped chives
Juice of half a lemon
Salt and pepper
Pinch of cayenne pepper

the method

- Check over the trout fillets for any small bones. Put the fillet into a saucepan of cold water with a teaspoon of salt. Lightly poach for two to three minutes, remove from the heat and allow to cool in the liquid.
- Drain the cooled trout and flake into a bowl
- In another bowl, soften the butter and add the smoked trout. Add the yoghurt, chives, lemon juice and season with salt and pepper and the cayenne.
- Fold in the flaked trout fillet carefully so as not to break up the pieces.
- Serve the potted trout at room temperature either in a little ramekin or spooned onto hot toast.
- Serve with pickled cucumber and lemon.

