






# Bibury Trout Pate Serves 8

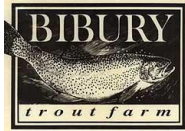










What a wonderful way of celebrating this fantastic trout from Bibury Farm by enjoying this pate with friends and family at family gatherings, picnics or special occasions ... or just as an indulgent snack!





## Equipment

Non slip mat or kitchen towel	
Chopping Board	
Aprons	
Blender	
Lemon Squeezer	
Spatula	
Bowl or Fish mold	
Fridge	

## Ingredients (to make 6 servings)

Bibury Trout - cooked		200g
Canned Anchovies		50g
Lemon Juice		1 lemon
Butter		175g
Parsley		1 handful
Fresh dill		12 sprigs
Salt		1 pinch
Pepper		1 pinch
Home-baked Tortilla chips		To serve with

## METHOD

	Flake the cooked trout either by using two forks or by hand. Make sure your hands are very clean.
	Juice the lemon.
	Empty trout and anchovies (including all the oil) into a blender. Add all the other ingredients, blend until smooth
	Put blended mixture into a bowl or a fish mold and refrigerate for an hour.

## NUTRITIONAL INFO

Carbohydrates - Gives us energy	Protein - Builds our bodies	Fats - Keeps our bodies working	Fibre - Sweeps our tummies
		 Oil from Anchovies	

Always ask an adult to help you when you are using kitchen equipment like a blender. Why not try making the pate with different types of fish like tuna and sardines – you can substitute the trout with 120g tinned sardines and 185g tinned tuna. Have fun trying different types of fishes.

Skills learnt today: You have flaked ; juiced ; blended ; molded ; refrigerated.

