

Smoked Trout and Avocado Salad

You could serve larger portions of this beautiful salad for lunch or smaller portions as a first course.

Dressing

- 3 tablespoons lemon juice
- Sea salt and feshly ground black pepper
- 6 tablespoons extra virgin olive oil
- 2 heads butter lettuce
- 3 cups watercress leaves, no thick stems
- 1/2 head radicchio, torn into bite-size pieces
- 1 avocado
- 1/2 red onion, very thinkly sliced
- 1 tablespoon chopped fresh dill
- 1/2 pound smoked trout, skinned, in large flakes

Make the dressing: in a small bowl, put the lemon juice, a generous pinch of salt and several grinds of black pepper. Gradually whisk in the olive oil. Taste and adjust the seasoning.

Pare the butter lettuce down to the pale yellow, innermost hearts; reserve the outer green leaves for another salad.

Tear the hearts into smaller pieces, but keep the pieces fairly large. Put them in a salad bowl with the watercress and radicchio.

Halve the avocado and remove the pit. With a soup spoon, lift the halves out of the skin in one piece. Put each half cut side down on a cutting board, and slice thinly crosswise. Add the avocado slices, onion and dill to the salad bowl.

Add enough of the dressing to coat the salad lightly you may not need it all. Toss gently.

Divide the salad among six plates, mounding it prettily. Divide the trout among the salads, arranging it attractively on top. Serve immediately.

Serves 6 as a first course.