AMERICAN · SNACK

Smoked Trout Schmear with Dill and Horseradish

10 min · plus 2 hours chilling Makes 6 × ¼ cup (about 60 g) 148 kcal a portion

Video 6:35 · Food Wishes

Pescatarian | Gluten-free ingredients | Nut-free

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A creamy, smoky spread with about 9 g of protein and under 2 g of net carbs a serve, plus omega-3 fats and vitamin B12 from the trout.

Diet notes: Keto (1.5 g net carbs a serve).

Ingredients

10 · MAKES 6 × ¼ CUP (ABOUT 60 G)

- [ ] 6 oz (¾ cup) **cream cheese**, softened to room temperature
- [ ] 5–6 oz **smoked trout** (2 boneless, skinless fillets), crumbled
- [ ] 2 tsp **capers**, drained
- [ ] 1 rounded tsp **hot prepared horseradish**
- [ ] a little **salt** (go easy)
- [ ] **freshly ground black pepper**
- [ ] a pinch of **cayenne**
- [ ] **Lemon juice**: juice of ½ lemon (about 4 tsp), or to taste
- [ ] 2 tsp **fresh chopped chives**
- [ ] 1 tbsp **fresh chopped dill**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Fish, Milk. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Leave the cream cheese out for a few hours until very soft, then put it in a bowl. 0:41
2. Push the trout fillets to one side of a board and crumble them into small pieces, feeling for any small bones as you go. Add the trout to the cream cheese. 1:17
3. Add the whole capers, horseradish, black pepper, a little salt, the cayenne, lemon juice, chives and dill. 1:53
4. Mash and mix with a fork against the side of the bowl until as rustic or smooth as you like; don't whip it. 3:23
5. Pack into a ramekin, press plastic wrap onto the surface and chill for about 2 hours. Taste and adjust the salt, lemon or heat, then serve with radishes, cucumber, crackers or rye bread. 4:19

> **Tip** Serves not given by the cook; 6 portions of about 2 oz is our estimate. Smoked fish is salty, so taste before adding salt. Keeps 3–4 days in the fridge. Smoked salmon works too.

The method is a summary in our words — the video shows every step.

One portion, ¼ cup (about 60 g), gives you

1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
148 kcal	8.8 g	1.6 g	0.1 g	12 g	200 mg
620 kJ	18% of a day	1.5 g net · 1.1 g sugars	0% of a day	6 g saturated	9% of a day
		1% of a day		15% of a day	

Energy from net carbs 4% · protein 24% · fat 72% — fits keto: 1.5 g net carbs, 72% of the energy from fat

High in (20%+ of a day) Vitamin B12 51% · Omega-3 23% · Vitamin D 22%

Source of (10–19%) Selenium 11% · Vitamin A 10%

Recipe and video: Food Wishes (@foodwishes) on YouTube — youtube.com/watch?v=JKFXc-BX4KA, published 11 September 2015. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/smoked-trout-schmear