

Oven Roasted Trout

Ingredients:

1 whole medium trout; boned and butterflied, with or without the head
3 small new potatoes; sliced thin like potato chips
1 whole bunch of fresh thyme
1 glove of garlic; smashed and coarsely chopped
2-3 outside damp leaves of a large head of romaine lettuce
Sea salt
Fresh ground black pepper
1 large lemon
2 ounces white wine
1 tablespoon of butter
Olive oil
Coarsely chopped fresh parsley

Method:

- Heat oven to 450 degrees
- Rinse trout in cold water with lemon juice and pat dry
- Lightly oil bottom of a fish pan or casserole dish
- Season dish/pan with salt and pepper
- Create a bed of the sliced potatoes
- Season center of trout with salt and pepper
- Add the bundle of thyme and close fish
- Place stuffed trout on top of the bed of potatoes
- Sprinkle outside of trout with salt and pepper
- Drizzle with olive oil and a splash of lemon juice
- Add crushed garlic to pan
- Cover trout with the romaine leaves
- Can cover cooking dish with lid or tinfoil to create a steam-wrap
- Cook until flesh is firm and opaque, no longer translucent (aprox 20 mins depending on weight of fish)
- Remove trout and potatoes from pan and plate on large oval platter
- Return pan to stove top over high heat
- Deglaze with white wine and lemon juice
- Stir in butter
- Pour over trout

Enjoy with crusty French bread & a well chilled Anselmi Pinot Grigio