

Marinated Trout

Ingredients:

- 2 Trout - cleaned and heads removed
- 250 ml White Wine
- 2 Bay leaves
- 2 Garlic Cloves - chopped
- 2-3 Tsp Olive Oil
- 75 g Butter
- 2 tsp lemon juice
- 1 tbsp Chopped fresh Parsley or dried

Method:

Put the wine, bay leaves and garlic in a large dish and add the trout, leave to marinade for 30 minutes or longer if possible.

Remove the trout and reserve the marinade.

Fry the trout on both sides in the olive oil and 50g of the butter

When cooked remove the trout (approx. 20 minutes but it really depends on size and thickness - fish should be a nice pink inside not a dark raw colour!)

Add remaining butter to pan along with the lemon juice and parsley, simmer until reduced and thickened slightly.

Pour over trout.

Serve with a side salad.

Picture shows trout served with side salad and mushroom risotto