

# Baked Trout Bonthron

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## Stage One: Hot or Cold Baked Trout.

- Defrost fish thoroughly: place on dish and cover; may take up to five hours.
- Use sharp knife and make deep incisions across each side at 2" intervals.
- Drizzle olive oil and squeeze lemon juice into cuts both sides and inside.
- Rub in rock salt and garlic puree ( or chilli puree) into cuts both sides and inside.
- Sprinkle with herbs such as thyme or tarragon, both sides and inside.
- Pre-heat oven to 200 C (180 C fan).
- Place fish in covered dish and bake for 30 to 40 minutes.
- Remove from oven.
- There will be a lot of liquid which you may wish to drain and mix with a little single cream to use as a sauce although the flesh will be moist anyway.

This is end of stage one and you may wish to stop and serve hot.

*NB: The fish is NOT filleted and there will be bones to contend with.*

OR go on to **Stage Two** below:

- Drain liquid and discard or use as above for Stage One.
- Allow fish to cool then place on board and use fingers and/or fish tweezers to remove skin.
- Use fingers to remove lumps of flesh and remove from skeleton.
- Check for small pin-bones. Not easy!!!!
- When flesh is clear of bones place on baking tray and return to oven under high grill setting.
- This will take about 10 minutes. Take care- do not burn!
- The fish will dry and toast to a golden brown.
- It is delicious hot or cold.
- It makes a great finger food snack with (lemon) mayonnaise.

## Stage Three: Trout Pate.

If you have fish left over from Stage One you can re-use it as Stage Two.

Often I will proceed from Stage Two to Stage Three directly. We like pate version.

- Finely chop a few spring onions into a large bowl.
- Add pieces of grilled fish from Stage Two.
- Add juice of a lime or lemon.
- Add 250g tub of soft cream cheese (cheaper Asda Philadelphia type works well).
- Use hands to mix ingredients to make 'rough' pate or blender for 'fine' pate.
- If large fish then more soft cream or some sauce from Stage One may be added to get pate moist to taste.
- Decant into tubs and freeze or use from fridge within a few days.
- Serve with oatcakes or Melba toast or similar.

Ring *Casa Bontroni* on 942 5504 for more fish!