

TROUT

with bacon

Yet another delicious way to cook trout.



FOR 4

15ml cake flour
salt and black pepper to taste
4 large trout, cleaned
32 rashers bacon
a handful fresh thyme
15ml vegetable oil
125g butter
juice of 2 lemons

Season the flour with the salt and black pepper. Toss each trout in the flour, then wrap 8 rashers of bacon around each trout.

Heat the oil and 75g of the butter in a large frying pan until quite hot. Add the thyme and the fish, then fry for about 4 minutes per side. Transfer the fish with the herbs to a warm serving dish and discard the cooking oil.

Wipe the pan well with kitchen paper and heat the remaining butter in the pan. Add the lemon juice, then pour the bubbling mixture over the fish and serve immediately with buttery small boiled potatoes and chopped fresh parsley.