



BAKED RAINBOW TROUT

'Community Through Cooking'

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RECIPE:

INGREDIENTS:

Baked Rainbow Trout

- 1 rainbow trout, cleaned
- ½ cup olive oil
- ½ cup parsley, chopped
- 5 cloves garlic, crushed
- coarse salt
- peppercorns, crushed

Asian Bacon Asparagus

- 3 strips bacon, fried
- 1 tsp sesame oil
- 1 tbsp olive oil
- 2 tsp soy sauce
- 1 tsp sambal oelek
- 3 cloves garlic, crushed
- ½ tsp ginger, minced
- peppercorns, crushed

Dipping Sauce

- sambal oelek

Was lucky to get a picture of this one. Gracie tried to snatch the trout from the counter when I left the room but fortunately only came away with its tail. Hope she enjoyed the fish as much as I did. Mulliard!

Start by mixing together your olive oil, chopped parsley, crushed garlic, salt and pepper in a small bowl. Then, rinse the trout under cold water to clean it. Cover a baking sheet with aluminum foil and butterfly the trout on top with its skin facing down. Coat the fillet with the olive oil mixture. Heat your oven to 400°F and bake the trout for 12 minutes.

To make the Asian bacon asparagus first fry three strips of bacon. Once ready, chop each strip into bacon bits. In a small bowl, mix the sesame & olive oil, soy sauce, sambal oelek, crushed garlic, ginger and pepper.

Next, wash your asparagus and then chop off the tougher ends (about a third of the way up the stalk). Cover another baking sheet with aluminum foil and lay out the asparagus. Coat each one evenly with the Asian mixture and sprinkle the bacon bits on top. Place in the oven at 400°F for 10 minutes.

Once done baking, plate the asparagus next to the trout and serve with a side of sambal oelek for dipping.

Enjoy!

-Al

