

## Rick Stein's Old Trout Recipe



**Serves 4**

**Prep 5 mins**

**Cooking 30 mins**

**Easy**

### Ingredients

4 Rainbow Trout, cleaned & gutted (Keep the heads on: they complete the presentation )  
50ml dry white wine  
50ml water  
50g butter  
Small bunch of fresh chives  
3 tbsp fresh flat-leaf parsley leaves  
3 tbsp capers, drained & rinsed (optional)  
1 tbsp Dijon mustard  
1 tbsp fresh lemon juice  
1 tsp plain flour  
Salt and freshly ground black pepper

1. Pre heat the oven to 200C/180C Fan/gas mark 6.
2. Season the trout lightly inside & out and put them in a shallow baking dish.
3. Pour over the wine and water, then dot the fish here & there with 1/2 the butter.
4. Cover with foil and bake for 25mins.
5. Pile the herbs, capers (if using), onto a board and chop together into a coarse paste. Scrape the mixture into a bowl and stir in the mustard & lemon juice.
6. Beat the remaining butter in a small bowl to soften it and then mix in the flour to make a smooth paste.
7. Remove the trout from the oven & pour off the cooking liquor into a small pan.
8. Cover the trout again and keep warm.
9. Place the cooking liquor over a medium high heat, bring to a simmer and then whisk in the butter and flour paste. Leave it to simmer for 1 minute, stirring until smooth and thickened.
10. Stir in the herb mixture and take the pan off the heat.
11. To serve: put the trout on warmed plates, spoon over the sauce on about half of the fish (so the head is still visible) and serve with some warm new potatoes and little bit of green salad