

Quirky Baked Stuffed Trout

1 x Lake Ohau trout, cleaned and scaled

60g mushrooms, sliced

1 small onion, chopped

2 tablespoons parsley, chopped (or whatever herbs are in the fridge/cupboard)

2 tablespoons of butter

Salt and pepper to taste

½ soft white breadcrumbs

Lemon or lime wedges for garnish

Get the oven started to preheat to 200°C. Melt 1 tablespoon of butter in a pan and saute the mushies, onion, and parsley until they're golden brown. Add this to the breadcrumbs and season to taste. Fill the trout cavity, securing it with a toothpick (or two, if the trout is a bit big). If thick, add a couple of cuts along the sides to even the cooking time. Brush with the remainder of the butter, and place in the oven for 20-25 minutes. Get the sides ready whilst it's baking, as once the time is up, you can serve it immediately. Goes well with a Peregrine Pinot Gris or Riesling. Save any leftovers for a trout salad (recipe for another day).