

# Lloyd Platt & Co. - RECIPE N0.13

## By INGRID TARRANT

### INGRID TARRANT'S FAVOURITE RECIPE

"I don't fish for compliments, nor do I rise to the bait when my keen fisherman of a husband calls me an 'old trout'! An essential ingredient to a successful relationship is having a good sense of humour so as an appropriate receipt from one old trout is good old fashioned baked trout."

*Ingrid Tarrant*

### GOOD OLD FASHIONED BAKED TROUT

#### Ingredients

- 1 large fresh trout – gutted (garrotte the innards if you hate him and need to release anger) and cleaned with fresh water.
- Glass of white wine (and keep the rest of the bottle for your own consumption)
- 50g butter
- Fish seasoning and dill
- Salt and freshly milled black pepper

#### Method

1. Pre-heat the oven to around 130/140oC. Meanwhile, wipe the fish dry, inside and out using kitchen towel.
2. Take a large sheet of tin foil or joint two smaller pieces together and smear with butter.
3. Lay the foil diagonally on a flat baking tray and place the fish in the middle. Smear the butter inside and out, then generously sprinkle with fish seasoning, dill, salt and ground black pepper.
4. Raise the sides of the foil to create a shallow 'bowl' before pouring in the white wine then loosely encase the trout by folding or scrunching the foil, to keep it from resting on the scaly skin. If the fish is too long, cut off the tail and, if necessary, the head too and enclose separately in buttered foil and cook alongside to be repositioned before serving.
5. Once the oven is heated, place the fish in the middle section and leave for about 45 minutes then switch off the oven. Don't open the door or remove the fish for at least another hour. That way, it will still benefit from the heat and allow it to continue cooking as the oven slowly cools.  
  
If you don't want to serve the fish cold, you can keep it in the oven for a couple of hours. To prepare for serving, peel off the upper side layer of skin, but not from the head, and cut off the grey fleshy edges and fins along the belly.
6. Drain off the wine and carefully transfer the whole fish to a serving tray and decorate with thin slices of twisted lemon and cucumber down the middle, adding generous portions of cress scattered around the dish. Presentation is all!

Serve whole with warm new potatoes, sprinkled with parsley and/or mixed salad with coriander leaves added and Hollandaise sauce or mayonnaise. Alternatively, serve in portions with all the bones removed, divided with a few sprigs of cress and decorate with twisted lemon and cucumber slices on top and at random.

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