RECIPIE

Rainbow Trout with Hot Gooseberry Chutney

Ingredients
4 Fresh Rainbow Trout
4 teaspoons of Tiptree Hot Gooseberry Chutney
Knob of butter
1 Lemon

Method

Heat oven 180 degrees
Clean each fish – lightly scrape away any loose scales
(Some fishmongers will clean fish but I prefer to do it myself)
Remove fins and trim tail to a sharp "M"
Make a slit along the belly of the fish and remove all the guts
Leave head on. Dry the inside with kitchen paper
Spread 1 teaspoon of Hot Gooseberry Chutney along the inside of the trout
Place each whole fish onto a large piece of lightly buttered greaseproof paper and fold paper into a long parcel crunching up the ends
Place parcels on an oven proof tray and bake for 16-18 minutes depending on the size of the fish – check to ensure it is cooked through – the eyes should be white
Serve a parcel on each plate or remove fish from parcels prior to serving and garnish with lemon.
Enjoy with minted new potatoes

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