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RACKS Recipes: Fish

Baked Trout

1 whole trout or several small trout (rainbow, brook or lake
2 lemon slices
3 onion slices
2 sm. bay leaves
5 butter slices
Rosemary
Salt and pepper to taste
1 cup white wine

Rosemary, butter, lemon, garlic, bay leaf, salt, and pepper to taste in and on the fish. Close the fish. Pour 1/2 to 1 cup white wine over fish. Fold in foil. Bake at 325 degrees for 15 to 20 minutes. Open foil to brown on top for 5 minutes. Baking time depends on size of fish.