

# Portuguese Style Trout

## Ingredients

4 Fresh Buxton trout  
250ml white wine  
2 gloves garlic - sliced  
2 bay leaves  
125g flour  
16 pieces of proscuitto  
125ml olive oil  
100g butter  
1 lemon  
½ cup flat-leaf parsley - chopped

## Prep

Gut the fish (or ask the nice people at the trout farm to do it for you)  
Clean the inside  
Make Marinade - wine, garlic, bay leaves, salt & pepper  
Place trout in the marinade for at least ½ hour  
Remove from marinade, dry trout on kitchen paper, and sprinkle with the flour  
Reserve a cup marinade & set aside  
Wrap the trout in proscuitto, overlapping as you go

## Cooking

Heat the oil & half the butter in a pan until it ripples  
Reduce to a medium heat then add the trout and cook for 4 minutes each side or until the proscuitto is crispy  
then remove from pan

Leave about 2 tablespoons of residue in the pan

Add the remaining butter, reserved marinade, juice of 1 lemon & the parsley

Boil for a few minutes, reduce by half

Pour over the fish & serve on a Bean Salad, Mash, Rice or Polenta

## Enjoy!

Thanks to Jackie Ashe from Deliciously Jackie

