

# Paperbark Baked Whole Trout

1 x Whole Fresh Trout (cleaned and head off)

1 x sheet Paperbark (or baking paper)

Virgin Olive Oil

Lemon Slices

Fresh Root Ginger

¼ teaspoon Mountain Pepper

Sea or Course Salt

Lightly salt the skin of the trout, peel and slice ginger and fill the fish cavity with several ginger and lemon slices. Lay out a sheet of paperbark and lightly oil where the trout will come into contact with the bark. Lay the trout on the paperbark, lightly oil and sprinkle with mountain pepper. Wrap the trout lengthways to completely cover the fish, fold over the ends if possible. Bake in a medium to hot oven for approximately 15 minutes or until the flesh of the trout is just firm and the skin lifts easily from the fish when tested. Retain any cooking juices.

Serve the trout unwrapped either on the bark or without, drizzle any cooking juices over the fish.

For additional sauce, leave the trout wrapped and add the cooking juices to two tablespoons of white wine, a knob of butter and reduce over a medium heat, season to taste

**Thanks to Chris Muir (Terracotta Room)**

