

Simple Baked or BBQ Buxton Trout

You can do this in the oven or on the BBQ.

1. Rinse whole (cleaned) fish in cold water. Stuff with onion slices and lemon wedges (or your own choice of herbs and spices etc.)
2. Wrap fish in aluminum foil. Lay the foil-wrapped fish directly on hot BBQ or in oven. Cook 7 minutes; turn the fish over and cook 6 or 7 minutes on the other side, or until flesh is white and tender. Do not overcook, as the trout will be too dry.
3. Carefully remove fish (still in foil) from the oven or BBQ.
4. Open foil, season with salt and pepper to taste, and enjoy.

Note: You can eat around the bones, but a better approach is to remove them entirely before digging in. Using a fork, just pull the the fish's back meat in one direction and the belly meat in the other, and you can remove the bones in one piece.

