



JERNEJ KITCHEN

BAKED RAINBOW TROUT WITH BUTTER SAUCE

Baked rainbow trout with butter sauce is a simple weeknight dinner recipe perfect for any day of the year. It's quick and gluten-free.

FOR	2	TROUTS
PREPARATION:	5	MINUTES
COOK:	5	MINUTES
BAKE:	18	MINUTES
TOTAL TIME:	25	MINUTES

TROUT

- 2 x (400g/1 pound) rainbow trout
- 3 slices lemon
- 2 small bunches fennel fronds or parsley
- 4 cloves garlic
- 1 tbsp olive oil

BUTTER SAUCE

- 1/2 red onion or shallot
- 40 ml (3 tbsp) white wine (Pinot Grigio, Chardonnay)
- 1 tbsp unsalted butter
- 1 tsp olive oil
- 1 tbsp capers in salt
- 3 tbsp (45g) unsalted butter, cut into cubes
- 2 tbsp sweet corn, canned and drained

TOOLS AND EQUIPEMENT

- baking sheet
- parchment paper
- paper towels
- mandolin slicer

PREPARATION

Arrange the rack in the middle of the oven, then preheat the fan-assisted oven to 220 °C / 430 °F or the conventional oven to 230 °C / 445 °F. Line a baking sheet with parchment paper.

SEASON THE FISH

Pat dry the fish using paper towels and place it on a working surface. Season the interior of the fish with salt and pepper. Halve the lemon slices and add three halves of lemon into each fish cavity along with the fennel or parsley and crushed garlic.

TIE THE FISH

Using a kitchen string tie the fish in four places. This will prevent the lemon and fennel from falling out. Drizzle with olive oil and season with salt on top.

BAKE IN THE OVEN

Place the fish on a prepared baking sheet and place it in the preheated oven on the middle rack. Bake for 16 - 18 minutes at the fan-assisted oven to 220 °C / 430 °F or the conventional oven at 230 °C / 445 °F.

BUTTER SAUCE

While the fish is baking, make the sauce. Peel the onion and slice it thinly using a mandolin. If you don't have a mandolin at home, finely dice the onion. Place a skillet over medium heat. Add a tablespoon of butter and a teaspoon of olive oil. When the butter melts, add the onion and capers. Cook for 2 minutes or until the onion gets translucent, but it shouldn't brown. Increase the heat and pour in the wine. Stir vigorously and boil the wine for 2 minutes for the alcohol to evaporate. Remove

Sponsored

skillet

from the heat and stir in the butter and sweet corn. Stir until the butter melts, then set aside until needed.

TIP

Optionally warm the sauce by placing it over low heat.

SERVE

Remove the fish from the baking sheet, untie and serve with butter sauce and your favorite side.