

## BROWN TROUT STUFFED WITH LEMON & THYME



### Ingredients

Trout, cleaned and gutted, with the blood line removed (skin on)

Salt

Pepper

Lemon, sliced into half moons

Shallot, minced

Thyme, in sprigs

Olive oil

**THE FATTIEST OF THE THREE FISH THAT WE USED, TROUT HAS A RICH FLAVOR THAT PAIRS WELL WITH CITRUS, PLANTS IN THE ONION FAMILY, AND VARIOUS HERBS. I DECIDED TO STUFF IT, AND ROAST IT.**

### Directions

1. Using paper towels, pat the fish dry.  
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2. Place on an oiled piece of aluminum foil.  
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3. Sprinkle both sides with salt and pepper, and then open the center and season the interior, too.  
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4. With the fish lying on one side, open the flap and place lemons, a sprinkling of shallot, and thyme sprigs inside. Top with a drizzle of olive oil.  
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5. Roast the fish on foil or in a pan, turning halfway through cooking. It is done when it is tender, and the flesh easily comes away from the bone.