

Baked trout Grenobloise

70g butter
10g chopped parsley
1 lemon, peeled & segmented, retaining any juice
1 whole rainbow trout, cleaned and gutted
30g capers
1 slice of white bread, cut into ½cm croutons
sea salt and pepper to taste

Soften half of the butter and mix with the lemon juice
Rub the trout with the butter Season with the sea salt & pepper
Bake at 180c for 20 to 25 minutes until the fish is easily flaked with a fork
In the remaining butter gently fry the croutons until crisp & golden brown
Remove & keep warm
In the same pan warm the capers and lemon segments
Pour over the fish and sprinkle over croutons and chopped parsley

Serve with buttered gnocchi or new potatoes