



Fish 'n Foil Stuffed Steelhead Trout

Add an Italian twist to this popular French recipe

3 slices thick bacon

1/2 cup chopped onion

1-1/2-pound fresh steelhead trout fillet, skin removed

Salt and ground black pepper to taste

1 (3 ounce) package sliced prosciutto

1 Tablespoon basil pesto

Garnish: radishes, green onions, kumquat slices

Serve with: Yogurt Crème Fraiche (see recipe)

Preheat oven to 400 degrees F.

Cook Bacon and Onions: In a 10-inch sauté pan over medium heat, cook bacon strips until crispy; remove from pan; set aside to cool; crumble into small pieces. In same sauté pan, sauté onion in bacon drippings until softened but not brown. Remove from pan; drain well; mix with bacon pieces in small bowl; set aside.

Flatten Fish Fillet: Between two pieces of plastic wrap, lightly pound fish fillet so sides are even. Season trout with salt and pepper on both sides.

Stuff Fish: Place bacon and onion mixture along one side of trout. Fold fish over, enclosing filling in center. Wrap fish completely with prosciutto slices.

Bake Fish: Place on large sheet of aluminum foil; wrap fish in foil; seal securely. Make a slit in the center of the foil to let steam escape. Bake in preheated oven for about 30 to 35 minutes or to 145 degrees F. Remove from oven.

To Serve: Place on platter; unwrap top of fish; spread pesto over top of fish. Garnish platter with radishes, green onions, herb sprigs, or kumquats. Serve with Yogurt Crème Fraiche

If Crème Fraiche is not available, try this recipe:

Yogurt Crème Fraiche

3 Tablespoon heavy cream

1/2 cup whole milk plain Greek yogurt

1 Teaspoon (each) grated ginger, lemon juice

Salt to taste

1 teaspoon minced kumquat or sweet/tart citrus zest

2 teaspoons grated radishes, drained

1-1/2 Tablespoons minced chives

In small bowl, whip heavy cream until thickened; stir in yogurt, ginger, lemon juice, and salt. Stir in minced citrus zest, radishes, and chives as desired. Serve in small side bowl with fish.

Cook's Note: The recipe can also be prepared using small individual trout fillets.

About the Recipe: The fish is stuffed with a bacon onion stuffing, folded over, and wrapped completely with prosciutto slices. Securely enclosed with foil, it steams and produces an “oh, so moist” fish. Brush with basil pesto and serve with Crème Fraiche