

three streams



Ingredients:

2 x red onions, thinly sliced
4 cloves of garlic, peeled and crushed
1 tsp. cumin seeds
1 tsp. coriander seeds, crushed
375ml wine – Chardonnay
40g dill
1 – 2 lemons, sliced
Salt and pepper

1 x whole large trout, approximately 1 – 1.5kg
Olive oil
Coarse salt

Method:

Sprinkle coarse salt over the trout, inside and out. Leave for 15 minutes, rinse and pat dry.

Line a baking dish with a large piece of foil – enough to cover the entire dish.

Place the first 4 ingredients on the bottom of the baking dish and sprinkle with olive oil.

Slash the sides of the trout. In the cavity of the trout, season with salt, pepper, dill and lemon. Lay the prepared trout on top of the onion mix. Pour the wine over the fish. Cover the baking dish with the foil tightly. Bake at 180 degrees for 30 – 45 minutes depending on the size of the fish or until the fish flakes easily. Serves approx. 4