



Colin's Asian Trout



Ingredients

1 x Butterflied trout

Sauce

1 x red chilli

1 tbsp fresh ginger

2 tbsp chopped thyme

2 tbsp chopped coriander

2 chopped garlic cloves

1 tbsp honey

1 tbsp rice vinegar

1 tbsp soy sauce

1 tbsp sesame oil

Juice of 1 lemon

Salt & pepper

Method

Place the trout in a baking dish.

Mix all the sauce ingredients together and pour over the trout.

Bake in the oven (180 degrees) or on the BBQ until trout is cooked (approx.15 – 20 mins)

Manu's Smoked Trout Dip



Ingredients

Trout

1 x smoked trout - broken into small pieces

Dip

2 tbsp capers chopped

1 tbsp fresh or dried dill

250gram sour cream

Zest and juice of one lemon

Salt and pepper

Method

Mix the dip ingredients together and then add the trout. Mix well.

Serve with crusty bread or crackers.