

# Baked Trout with Shrimps & Potato Salad

Steven Stern, our local GP and Club member, has discovered another recipe which he assures me is a quick, easy dish that tastes delicious and looks great served family-style in the middle of the table. Try it with sea bream or sea bass if you prefer.

These quantities serve 3-4 people.

## Ingredients:

1 large onion, thinly sliced.  
1 clove garlic, crushed.  
1 800g trout, gutted.  
Splash of olive oil  
50g butter.  
200g brown shrimps.  
1 tbsp small capers.  
1 lemon, juice and grated rind.  
Handful flat-leaf parsley, chopped.

## For the Salad:

300g new potatoes, washed, diced, skin on.  
100ml olive oil.  
30ml red wine vinegar.  
1 tsp of English or Dijon mustard.  
2 spring onions, finely sliced.

## Preparation:

Fill a pan with cold water and simmer the potatoes for 15 minutes, until just cooked. Remove, season, and leave to cool.

Lightly sauté the onion and garlic for three minutes, then place in a large oven proof dish.

Splash the trout with olive oil, season and place on top of the onion mix. Add 50ml water and place the dish in an oven preheated to 200C/gas mark 6 for 15-20 minutes (turn halfway through). The trout should come away from the bone easily when pierced with a knife.

While the fish is cooking, beat the olive oil and vinegar together with the mustard until emulsified. Pour over the potatoes, check seasoning and finish with the spring onions.

Remove the fish from the oven and keep warm.

Add the butter to the sauté pan and allow it to get to golden brown.

Add the brown shrimps and capers and sauté for 30 seconds before adding the lemon rind, juice and parsley.

Pour the shrimp mixture over the trout and serve with the potato salad.

**ENJOY!**