

Trout Baked in Newspaper

Here's a good recipe that works nicely on the barbecue and can also be cooked indoors if you prefer; Trout baked in Newspaper. The beauty of this recipe is that the fish gets cooked in the steam from the wet newspaper thus keeping it moist, and the skin tends to come off when you unwrap the newspaper making it one of the easiest ways to cook fish too.

Ingredients.

- 1 whole fresh trout of 2-3lbs (Cleaned and gutted, with the head still on but the gills removed)
 - Splash of olive oil
 - 1 Bay Leaf
 - 4-5 lemon slices
 - 1 Spring onion - Chopped
 - Sprinkle of your favourite herbs (or a mixed herb / herb-de-provence mix)
- Good shake of Salt and Pepper to taste

Method

Place the fish on a sheet of newspaper and make a few diagonal slashes along each side of the fish to allow the flavours to permeate.

Pour a little olive oil onto the fish and rub all over. Add the rest of the ingredients, some on the inside, some on the outside, so that the fish is well covered.

Now wrap the fish in several layers of your favourite newspaper, folding the edges over as you go to seal in all the flavour and juices. Tie the parcel in string and soak under the tap for long enough to make sure the newspaper will be damp right through.

To cook, simply grill on a barbecue or fire for about 25 minutes each side, or bake in the oven at 220 C for 30-40 minutes.