



JIM'S TROUT RECIPES

Original Recipes by Jim Wolfgang

Trout with Dried Apricot and Rice Stuffing

1 Whole Trout
1 Cup uncooked Brown Rice
4-5 Slices Dried Apricot

Preheat oven to 350°
Prepare rice according to directions on box, let cool.
Chop apricot, mix into rice.
Stuff rice into the body cavity of the whole trout.
Grease baking dish
Cover and bake at 350° for 35-45 minutes
Extra stuffing can be heated and served on the side.

Trout With Crab or Shrimp Stuffing

1 Whole Trout
½ ream Ritz crackers
1 can crab or shrimp meat
1/4 stick butter or margarine

Preheat oven to 350°
Crush the crackers while you melt the butter, Open the can of seafood meat and drain it. Its important to get as much liquid out as possible. Mix the crackers, butter and crab or shrimp together. Don't worry, it's supposed to be pretty dry.
Pack the stuffing mix into the body of the trout.
Grease a baking dish large enough for the fish to lay in the bottom comfortably.
Cover the dish with foil and poke a few holes in the top.
Bake at 350° for 35-45 minutes.

Foil Baby Trout

1 whole trout
2 tbsp olive oil
1/4 tsp garlic powder or 1/2 clove chopped garlic
1/4 cup chopped onion
2 strips bacon
Aluminum Foil

Preheat oven or grill to about 350°. You can also cook the fish over a bed of hot coals from a campfire.

Lay 1 strip bacon onto a 18" piece of foil
Set fish on top of bacon.
Pour olive oil over the fish
Sprinkle garlic and onion over trout
Lay 2nd piece of bacon on trout
Add a little salt and pepper

Fold the foil lengthwise around trout, roll the sides together. Roll ends of foil to create an airtight package.
Cook the trout for about 20 to 25 minutes. Turn once halfway through if cooking on bed of coals.

Trout Grilled in Newspaper

1 whole trout (fillets don't work well with this recipe)
1 lemon, sliced thin
1 handful fresh herbs
4 tbsp olive oil
1 newspaper
Cotton string

Unfold newspaper and lay out 5-7 sheets
Place trout in middle of paper
Rub fish inside and out with olive oil
Sprinkle with fresh herbs (dried herbs work well too),
place some into the body cavity
Lay slice of lemon under, inside and on top of fish
Fold ends of paper over head and tail of fish then fold
the sides over and around fish.
Tie the paper around fish using cotton string
Soak the paper and fish in water, it must be completely drenched
Leave on grill for 25 minutes, turning once halfway through cooking. The outside of the paper will dry as it cooks, and may even singe; this is okay.

Baked Trout Fillets with Cheese Sauce

2 trout fillets
Salt and Pepper
1 cup dry brown rice
4 slices cheese (any kind)
3 tbsp butter or margarine
2 tbsp mayonnaise

Preheat oven to 350°

Place trout fillets in greased baking dish

Sprinkle with salt and pepper

Cover and bake 20-25 minutes until fish breaks apart easily

While trout cooks prepare rice according to directions on box

To prepare cheese sauce combine margarine or butter, cheese and mayonnaise in microwave safe bowl.

Microwave high in 30 second intervals, stirring each time, until the mixture is melted.

Place 1/4 of rice onto each of 4 plates. Set 1/2 of a fillet onto each bed of rice. Top with cheese sauce.

Beer Batter Fried Trout

1 lb trout fillets
1 bottle dark beer
1 tbsp baking soda
2 c flour
1/2 tsp salt

Pour 3/4 inch oil into frying pan, heat on med/high

Preheat oven to 275°

Slice each fillet into 4 portions

Combine flour baking soda and salt in shallow dish.

Add beer while stirring until mixture becomes consistency of pancake batter

cover each fish portion in batter

Fry 7-10 minutes until batter is browned and crispy

Place fish on cookie sheet and bake 10 minutes.

This batter recipe also works great for onion rings, but you don't need to put them into the oven.

Trout Seviche

1 lb FRESH trout fillets

6 lemons

1/4 c fresh cilantro

3 plum tomatoes

1 bell pepper

1 med onion

1/2 tsp dry oregano

1/2 c Sprite or 7-up

Dice onion, tomatoes and pepper

Mince oregano

Slice fillets into bite size pieces

Place trout, vegetables, oregano and cilantro into glass bowl

Pour 7-up/Sprite over mixture

Add juice from lemons

Mix well and refrigerate a minimum of 6 hours

Top tortilla chips or Ritz crackers with seviche.