

Trout wrapped in Carmarthen Ham with spinach



This recipe is based on a traditional Welsh recipe of trout wrapped in bacon. Carmarthen Ham is a slightly salty, cured ham which turns crisp when it is baked and a perfect accompaniment to fish.

Serves 2 | **Prep** 10 minutes | **Cook** 30 minutes

Ingredients

2 whole trout, gutted and heads removed
15g butter
2 shallots, peeled and finely chopped
2 cloves garlic, thinly sliced
2 handfuls spinach
20g split almonds
2 slices Carmarthen Ham*

Method

- 01** Ask the fishmonger to remove the backbone of the fish and wash and dry.
- 02** Melt the butter in frying pan over a moderate heat and cook the shallots for 5 minutes until beginning to soften, then add the sliced garlic and cook for a few minutes before adding the washed spinach. Stir well until the spinach has wilted and remove from the heat.
- 03** Stir in the almonds and season with a little salt and pepper.
- 04** Open the fillets of trout and use the spinach mixture to fill both fish. Close the fillets together and use the Carmarthen Ham to wrap around the fish securing with a cocktail stick.
- 05** Place on a greased oven proof dish and cook for 20 minutes in a moderate oven 180°C/ Gas 4.
- 06** Remove from the oven and serve with Pembrokeshire Earlies.*

