

# Baked trout with bacon



This traditional recipe uses local trout, ideally wild brown trout, although rainbow trout will work well. Wrapping the trout in bacon helps to retain moisture and complements the earthy flavour of the fish. Serve with boiled and buttered new potatoes.

**Serves 4 | Prep 5 minutes | Cook 20 minutes**

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## Ingredients

4 whole trout - brown or rainbow  
8 rashers streaky bacon  
4 slices of lemon  
salt and pepper  
handful of parsley sprigs

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## Method

- 01** Preheat the oven to 180°C/Gas 4.
- 02** Wash and dry the trout inside and out and season the cavity with salt and pepper and a few parsley sprigs.
- 03** Wrap each fish with two rashers of bacon in a spiral around the fish and secure with a cocktail stick.
- 04** Lay them side by side in a shallow ovenproof dish.
- 05** Bake for about 20 minutes until the bacon is crisp and the trout flesh cooked and flaky.
- 06** Serve sprinkled with chopped fresh parsley.