

## View from the Fridge – Recipes from Brian Donkin

### Recipe # 40 – Trout Cleopatra

**Preparation time: 10 mins – Cooking time: 15 mins**

#### Ingredients

4 large gutted rainbow trout  
1 lemon, peeled and cut into segments  
25gms capers  
150gms peeled prawns  
100gms butter  
25gms chopped parsley  
1 wine glass tomato concasse (see sauces and side dishes)  
½ wine glass olive oil  
salt and pepper

#### Method

1. Pre-heat oven to 230c
2. Season the trout on the inside and then insert 15gms of butter per trout
3. Place roasting tray on top of hot stove. Heat olive oil until smoking. Place the 4 trout in the tray.
4. Fry the fish on top of the stove for 3 minutes. Turn over and place in hot oven for 12 minutes.
5. Heat the tomato concasse and divide equally between 4 plates. Place the trout on top.
6. Put the remaining butter in a frying pan with capers, prawns and lemon segments. Bring to the boil, pour over the trout and garnish with chopped parsley

*Serves 4*

