

## *Trout with Prosciutto*

Fresh trout is often cooked with simple flavourings as in this recipe, so that the delicious and delicate flavour of the fish shines through. Serve with roasted potatoes.

### **SERVES 4-6**

4 whole brown or rainbow trout, each about 250g/9oz, cleaned  
16 thin slices prosciutto, about 200g/7oz  
50g/2oz melted butter, plus extra for greasing  
Salt and ground black pepper



1. Extend the belly cavity of each trout, cutting up one side of the backbone. Slip a knife behind the rib bones to loosen them (sometimes just flexing the fish makes them pop up). Snip these off from both sides with scissors, and season the fish well inside.
2. Preheat the grill to high, with a shelf in the top position. Line a baking tray with foil and butter it.
3. Working with the fish on the foil, fold a piece of prosciutto into each belly. Use smaller or broken bits of prosciutto for this, and reserve the eight best slices.
4. Brush each trout with a little butter, seasoning the outside lightly with salt and pepper. Wrap two prosciutto slices round each one, crossways, tucking the ends into the belly. Grill or broil the trout for 4 minutes, then carefully turn them over with a metal spatula, rolling them across on the belly, so that the prosciutto doesn't come loose, and grill for a further 4 minutes.
5. Serve the trout very hot, with any spare butter spooned over the top. Diners should open the trout on their plates, and eat them from the inside, pushing the flesh off the skin.

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