

## *Baked Trout with Tomato Sauce*

If you have a large whole trout to cook then this recipe is simplicity itself, yet still tastes fabulous. The trout is first poached in a mixture of garlic, olive oil and wine and then transformed by the addition of a rich tomato sauce.

### **SERVES 4**

1 trout, about 1kg/2¼lb, cleaned and left whole  
60ml/4 tbsp extra virgin olive oil  
500ml/17fl oz dry white wine  
2 garlic cloves (1 left whole, and 1 crushed)  
300ml/½ pint passata (strained tomatoes)  
45ml/3 tbsp chopped parsley  
Salt and ground black pepper  
5ml/1 tsp dried oregano, to garnish



1. Rinse the cavity of the trout and pat it dry with kitchen paper, then place in a fish kettle. Add the oil, wine, whole garlic clove, 250ml/8fl oz cold water, and salt and pepper, then set over a high heat and bring to the boil. Reduce the heat and cook the fish very gently for 30–40 minutes.
2. Carefully lift out the fish and transfer to a shallow ovenproof serving dish.
3. Preheat the oven to 200°C/400°F/Gas 6. Put the passata into a small pan and simmer for 5 minutes with the crushed garlic, parsley, and salt and pepper to taste. Keep warm.
4. Pour the tomato sauce over the fish, and place in the oven for 2–3 minutes until heated through. Sprinkle lightly with oregano and serve, with roast potatoes if you like.

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