

## *Trout and Prawn Pots*

Bacon is often wrapped around whole trout to keep the flesh moist when grilling, but here it has another function, to marry the flavours of trout and prawn  
These pots can be made in advance and baked just before serving. Store the prepared pots in the refrigerator until you are ready to cook.

### **SERVES 6**

- 15g/½oz butter
- 15ml/1 tbsp olive oil
- 1 small leek, finely chopped
- 2 rashers rindless lean back bacon, chopped
- 115g/4oz cooked peeled prawns
- 115g/4oz trout fillet, skinned
- 150ml/¼ pint sour cream
- 1 egg, beaten
- 50g/2oz Cheddar cheese, grated
- Salt and ground black pepper
- Warm country bread, to serve



1. Heat the butter and oil in a heavy frying pan and fry the leek gently for 5 minutes or until softened, stirring occasionally.
2. Add the bacon to the pan and fry until it is just beginning to turn colour, stirring all the time. Add the prawns, increase the heat and stir-fry for 5 minutes. Remove from the heat.
3. Cut the trout fillet into bitesize pieces and stir into the bacon and prawn mixture. Season with a little salt if required, and plenty of pepper. Divide the mixture among six ramekins.
4. Preheat the oven to 190°C/375°F/Gas 5. In a jug beat the sour cream and egg with a fork. Season lightly. Pour one-sixth of the mixture into each ramekin and sprinkle the grated cheese over the top.
5. Bake the pots in the preheated oven for 15 minutes or until the top is golden brown and bubbling. Serve straight from the oven with chunks of warm, crusty bread, if you like.

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