

Tapena

GRAB A FORK



River Trout with Ham

Serves 6

Ingredients

- 6 whole trout, cleaned, deboned, dried
- 12 slices Serrano ham or prosciutto
- ½ cup olive oil
- 2 Tbsp fresh rosemary leaves
- 1 Tbsp fresh mint, chopped
- 3 cloves garlic, minced
- ¼ cup sherry vinegar
- 3 Tbsp fresh parsley, chopped

Directions

In a large sauté pan, heat oil on medium heat. Add the rosemary and mint, cook for 2 minutes. Remove herbs and garlic from oil and set aside.

Heat ham in oil, separating the slices. Cook ham for 5 minutes and remove from pan.

Put 2 slices of cooked ham inside each trout and close. Season trout inside and out with salt and pepper. Dredge both outer sides of the trout through flour and shake off excess.

Cook trout in hot oil for 5 minutes on each side until the skin crisps.

Put cooked trout's on a platter and cover with foil. Add vinegar, cooked herbs and garlic to hot oil, it will sizzle.

Continue to cook the sauce until it is reduced by half, about 3 minutes.

Drizzle sauce over the fish and serve.