



Grilled Trout with Polenta and Vegetables

Rihard Zupančič



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We suggest you to try great and simple recipe for trout. Trout itself is a moist fish with amazing flavor. Cooking the fish with butter and olive oil not only adds flavor but helps keep the fish more moist. Either grilling or baking whole fish is not very hard. The skin is succulent and cooking the fish with the bones will make the meat taste even better.

Preparation time: 45 min.
4 servings

INGREDIENTS

- **4 whole trout (scaled, cleaned and gutted)**
- **Salt**
- **Olive oil**
- **A few knobs butter**
- **Black pepper**
- **2 lemons , 1 zested**
- **80 ml milk**
- **5 medium-sized potatoes**
- **Vegetables (any kind)**
- **Polenta**

1. Preheat your grill to full whack.
2. Slash each trout with a knife, about few times on each side.
3. Season each trout with olive oil, salt and pepper .
4. Put the lemon zest on top of the fish. Dot the trout with the butter and place it 15cm/6 inches from the grill. Cook for around 6 minutes on each side until crispy and golden.
5. For mashed potatoes, peel the potatoes, chop into several large pieces, put into the pot, pour water all over and boil until soften. You can boil together vegetables too. Then pour off the water and mash the potatoes.
7. Melt the butter, pour into mashed potatoes. Warm up milk, pour into the porridge, mash again until smooth. Then add salt according to your taste.
8. Squeeze the roasted lemon over the top of the fish and serve with a simple Polenta and mashed potatoes.

