

CAFE THOMPSON RECIPE



ROASTED RAINBOW TROUT

The rainbow trout is native to the cold-water tributaries of the Pacific Ocean in North America and Asia. Rainbow trout have a mild, delicate flavor, often described as subtly nutty with a slight sweetness. Grilling or baking can help preserve the natural flavor, while pan-frying may result in a slightly more pronounced taste.

SERVES 6

INGREDIENTS

- 6 rainbow trout fillets
- 1/4 cup olive oil
- 1 teaspoon thyme
- 1 teaspoon tarragon
- 1 teaspoon salt
- 1 teaspoon pepper
- 2 teaspoons orange juice
- 4 shallots, chopped
- 1 orange, sliced
- 3 teaspoons olive oil
- 1 pound cherry tomatoes

DIRECTIONS

Lay the fillets on a greased sheet pan and pour olive oil over each piece. Season with the thyme, tarragon, salt and pepper. Squeeze 1/4 teaspoon of the orange juice over the top of each fillet, and then top with the shallots, orange slices and cherry tomatoes.

Preheat the oven to 425 F. Place the fish in the oven and bake for 10 minutes.

Side dishes

Roasted Turnips
Sweet Potato Wild Rice

