

Stuffed Rainbow Trout

By Lennie Jo Barnes

I used to fish with my father on the Russian River when I was a child. He taught me how to clean, scale, and cut up fish. Usually we would simple fried our catch and eat it while camping. Once I caught a whole sting of fish and we put it on a fish line. (Metal clips). They wiggled and I lost the whole line in the lake.

2- 4 lbs. fresh Rainbow Trout
Scale and clean trout,
Cut off head and fins close to the nearest bone.
Dry and place on aluminum foil.

Stuffing:

Combine in processor or cut very fine.
4 pieces of bread (I use leftover French bread).
4-5 mushrooms. (This may be omitted).
2 stalks celery
1 teaspoon, Onion powder.
1 teaspoon Smoked paprika
1 TLB, Parsley
1 teaspoon of Chicken soup powder.
1 teaspoon. Of fresh squeezed lemon juice.
2 TLB, of real butter.

Mix soft butter into stuffing mix.
Stuff all the insides of the fish.
Pour a little olive oil over outsides of trout.
Wrap whole stuffed trout with aluminum foil.
Place on baking sheet, in the over at 375 degrees for 40 minutes
Unwrap and let cool. Extract stuffing on plate.
Pork fork into neck of trout and skeleton should come out easily.
Clear of small bones and skin if you like.

The serving is one trout per person.
It's Yummy.