



# From the Culinary Company Kitchen

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## Baked Lemon-Stuffed Trout

Yield: 6 portions

INGREDIENTS	AMOUNTS
Trout, pan-dressed (8-10 oz)	6 ea
Lemon Juice, fresh	3 tsp
Lemon, 2 sliced 2 wedged	4 ea
Flat Leaf Parsley	24 sprigs
Thyme	6 sprigs
Butter, unsalted, softened	2 Tbsp
Salt	As needed
Black Pepper, ground	As Needed

### Process

1. Preheat oven to 400°
2. Open each fish, season with salt and pepper, sprinkle with lemon juice, and layer the inside of each fish with 2 lemon slices, 4 parsley sprigs, and one sprig of thyme. Fold the fish closed.
3. Place the fish in a buttered 10 x 13in baking pan. Dot the fish with the butter.
4. Bake until the flesh along the backbone, where it is thickest, is opaque when cut into, and just starting to slide apart (approximately 10 -12 minutes)
5. Serve the trout with the lemon wedges