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Thanks to family, friends and internet acquaintances for these great recipes!

Campfire Trout

Prep Time: 10 Min.	Cook Time: 7 Min.	Ready in: 17 Min.	Servings: 4
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Ingredients

4 trout, cleaned and head removed
salt and pepper to taste
4 tablespoons butter, divided
1 medium green bell pepper, sliced
1 clove garlic, minced (optional)



Directions

1. Place each trout on a piece of aluminum foil. Season to taste with salt and pepper, then stuff the cavity with 1 tablespoon of butter, green pepper and garlic if using.
2. Roll the trout tightly in the foil, forming packets. Use some additional foil to secure each packet of fish to a metal toasting rod for use as a handle when removing fish from the coals.
3. Cover the fish packets in the red hot, smoldering coals of your campfire and cook until the fish is done, 7 to 10 minutes, depending on the heat of the fire

Nutritional Information

Amount Per Serving	Calories: 517	Total Fat: 23.4g	Cholesterol: 232 mg
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Trout with Mushrooms

Prep Time: 20 Min.	Cook Time: 10 Min.	Ready in: 30 Min.	Servings: 4
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Ingredients

1/2 pound fresh mushrooms, sliced
6 tablespoons butter or margarine, divided
2 tablespoons minced fresh parsley
1/3 cup all-purpose flour
1/4 teaspoon salt
4 (6 ounce) fillets trout
1/3 cup heavy whipping cream
1/2 teaspoon lemon juice



Directions

1. In a large skillet, saute mushrooms in 2 tablespoons butter until tender. Stir in parsley. Remove mushrooms to a serving platter; keep warm. Combine flour and salt in a shallow dish; coat fillets with flour mixture on both sides. Add 2 tablespoons butter to the skillet. Cook trout over medium heat for 8-10 minutes on each side or until fish flakes easily with a fork; arrange over mushrooms.
2. For sauce, melt remaining butter in a small saucepan. Gradually stir in cream and lemon juice. Bring to a boil for 3-4 minutes or until slightly thickened, stirring constantly. Serve over trout and mushrooms.

Foil Barbecued Trout with Wine

Prep Time: 15 Min.	Cook Time: 20 Min.	Ready in: 35 Min.	Servings: 2
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Ingredients

2 trout, cleaned and head removed
1/4 cup dry white wine
2 tablespoons butter, melted
1 tablespoon lemon juice
2 tablespoons chopped fresh parsley
salt and pepper to taste



Directions

1. Preheat a grill for medium-high heat.
2. On a flat surface, lay out two sheets of aluminum foil about 18 inches long so that they overlap to make one long wide sheet. Rinse the trout and pat dry. Lay the fish in the center of the foil about 2 inches apart. Sprinkle with white wine, melted butter and lemon juice. Season with parsley, salt and pepper. Fold the foil up loosely around the fish and crimp the seams to seal.
3. Place the packet on the grill and cook for 15 to 20 minutes, or until fish is cooked through.

Nutritional Information

Amount Per Serving	Calories: 536	Total Fat: 23.3g	Cholesterol: 232 mg
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Baked Trout Saratoga

Prep Time: 15 Min.	Cook Time: 35 Min.	Ready in: 50 Min.	Servings: 8
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Ingredients

- 1 (4 pound) whole trout, cleaned
- salt and pepper to taste
- 1 (28 ounce) can diced tomatoes
- 2 tablespoons olive oil
- 2 tablespoons chopped fresh parsley
- 1 clove garlic, minced
- 1/2 cup white wine
- 1 lemon, cut into wedges
- 4 sprigs fresh parsley



Directions

1. Preheat oven to 400 degrees F (205 degrees C). Lightly oil a 9x13 inch baking dish. Season the trout inside and out with salt and pepper to taste, and place in baking dish.
2. In a large bowl, combine tomatoes, olive oil, 2 tablespoons chopped parsley, and minced garlic. Spread evenly over the fish.
3. Bake for 35 minutes, or until fish flakes easily. Baste during baking with wine. Serve garnished with lemon wedges and parsley sprigs

Nutritional Information

Amount Per Serving	Calories: 341	Total Fat: 11.4g	Cholesterol: 134 mg
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Asian Rainbow Trout

Prep Time: 20 Min.	Cook Time: 7 Min.	Ready in: 27 Min.	Servings: 4
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Ingredients

- 4 (6 ounce) fillets boneless, skinless rainbow trout
- 2 teaspoons soy sauce
- salt and pepper to taste
- 1 teaspoon white sugar
- 1 teaspoon olive oil
- 1 teaspoon minced garlic
- 1 teaspoon minced fresh ginger
- 4 green onions, chopped



Directions

1. Rub trout fillets with soy sauce. Season with salt, pepper, and sugar; set aside.
2. Heat olive oil in a large skillet over medium-high heat. Add garlic, ginger, and green onions; cook and stir until golden brown. Add trout fillets and cook until browned and crispy, about 3 minutes. Turn fillets over, and continue cooking until the fish flakes easily with a fork, about 3 minutes more.

Nutritional Information

Amount Per Serving	Calories: 222	Total Fat: 7g	Cholesterol: 99mg
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Oven Roasted Trout with Lemon Dill Stuffing

Prep Time: 30 Min.	Cook Time: 20 Min.	Ready in: 50 Min.	Servings: 4
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Ingredients

- 1 cup soft bread crumbs
- 1/2 sweet onion, minced
- 2 tablespoons chopped fresh dill
- 2 teaspoons grated lemon zest
- 1 clove garlic, minced
- 1/4 cup olive oil, divided
- salt and pepper to taste
- 4 trout, cleaned and head removed



Directions

1. Preheat oven to 400 degrees F (200 degrees C). Line a baking sheet with aluminum foil.
2. Toss bread crumbs with onion, dill, lemon zest, garlic, and half of the olive oil. Season with salt and pepper to taste. Press stuffing into the trout, then brush the trout with the remaining olive oil, and season with salt and pepper. Place trout onto prepared baking sheet.
3. Roast in the preheated oven until the skin of the fish begins to brown, and the flesh flakes easily with a fork, about 20 minutes.

Nutritional Information

Amount Per Serving	Calories: 563	Total Fat: 25.7g	Cholesterol: 201mg
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Herbed Trout with Lemon Butter

Prep Time: 20 Min.	Cook Time: 15 Min.	Ready in: 35 Min.	Servings: 4
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Ingredients

- 4 8- to 10-ounce fresh or frozen dressed, boned rainbow trout or other dressed fish
- 1/4 cup butter, melted
- 1 teaspoon finely shredded lemon peel (set aside)
- 3 tablespoons lemon juice
- 1/4 cup finely chopped onion
- 1 tablespoon snipped fresh rosemary or tarragon
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- Snipped fresh parsley (optional)
- Lemon wedges



Directions

1. Rinse fish; pat dry with paper towels. On a cutting board, spread each fish open, skin side down. In a small bowl stir together melted butter and lemon juice. Set half of the butter mixture aside. Brush remaining half of the butter mixture over fish. In a small bowl stir together onion, rosemary, lemon peel, salt, and pepper. Sprinkle onion mixture over fish. Fold fish closed. Place fish on a greased 15x10x1-inch baking pan.
2. Bake in a 450 degree F oven for 15 minutes or until fish begins to flake when tested with a fork. If desired, sprinkle fish with parsley. Serve fish with lemon wedges and reserved butter mixture.
3. Makes 4 trout

Nutritional Information

Amount Per Serving	Calories: 311	Total Fat: 20g	Cholesterol: 116mg
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