

Trout with Butter, Creme Fraiche and Chives

Ingredients

2 rainbow trout (6-7 oz/175-200 g each)
1 oz (25 g) butter, plus a little extra, melted, for brushing foil and the trout
3 fl oz (75 ml) creme fraiche
1 bay leaf
2 tablespoons snipped fresh chives
salt and freshly milled black pepper
Pre-heat the oven to gas mark 7, 425°F (220°C).

Method

First, brush the foil in the roasting tin with a little melted butter. Then wash the trout in cold water and dry them very thoroughly. Now place them in the roasting tin, brush each one with a little melted butter and season with salt and pepper.

Bake them, on a high shelf in the oven, for about 10-15 minutes. While that's happening, pour the crème fraîche into a saucepan, add the bay leaf and bring it up to simmering point. Then remove the bay leaf and stir in the chives and 1 oz (25 g) butter, season with salt and pepper and pour this mixture into a warm jug. Serve it with the fish, some buttered new potatoes and a green salad or some fresh, cooked spinach.

