



Recipe
suggestions

Rainbow trout in a nut sauce (serves 2)

Ingredients

- > 2 rainbow trout fillets
- > 180g pound walnuts
- > 1 onion
- > 6 tbsp olive oil
- > 1 bay leaf
- > Salt and pepper to taste

Method

- > Poach the trout in a small amount of lightly salted water on a low heat for 10-15 minutes.
- > Take the fish out of the poaching water.
- > Grind the walnuts and peel the onions and slice finely.
- > Fry the onions until lightly golden. Add the walnuts, salt to taste and add to the fish broth.
- > Bring the sauce to a boil and cook for 5 minutes.
- > Put the fish in the sauce and poach for another 5 minutes.

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