



**FRESHWATER  
FARMS OF OHIO**

*Ohio's Favorite Fish Farm*

www.fwfarms.com • 937-652-3701



*The FoodSmiths Catering*

Call Chef Gretchen at 937-631-3331

www.thefoodsmiths.com

## Herb Trout Flambé

4 extra large Rainbow Trout Fillets  
Salt & Pepper  
2-3 oz Rum (must be at least 80 proof)  
Fresh herbs (thyme, oregano, tarragon)  
½ c Fresh diced Roma tomatoes  
2/3 c lemon juice  
½ c olive oil  
½ t sugar  
¼ c green onions  
2 t fresh ground garlic

Rinse and pat dry the fresh Trout Fillets; Salt & Pepper. Lightly blend the ingredients for the Lemon-Onion Baste (2nd column) in a food processor. Grill the trout fillets over medium heat basting both sides. Cook 5-8 minutes on each side, turning only once. Dress the serving platter with your choice of the fresh herbs and place the trout atop it, garnish with herbs as well. Top the dish with the fresh tomatoes. Pour the rum over it and ignite immediately. Serve immediately and Enjoy!

Hints when preparing this recipe:

- ✓ Using extra large fillets is ideal for grilling. The thicker fillets, the less tendency to dry out on the grill. If desired the fish can be split down the center for ease in portioning.
- ✓ Do not soak the fillets in the lemon baste. The acidity will begin to cure the flesh.
- ✓ Preheat the serving platter. Unlike other meats Trout and other fish are very delicate and do not hold their heat as long. Begin dining as the fillets are coming off the grill. You may want to gain experience lighting the rum before you attempt it indoors.