

Broiled Trout with Bacon, Onions and Raisins

From Tarla Fallgatter, cooking instructor, 2013 (she got it from Gourmet Mag, March 2007)



Servings: 8

s

1. Cook bacon in a heavy skillet over moderate heat, stirring occasionally, until golden, about 5 minutes. Transfer bacon with a slotted spoon to paper towels to drain, then pour off all but 1/4 cup fat (add additional olive oil if bacon doesn't render enough fat).
2. Add onion to skillet and cook over moderate heat, stirring occasionally, until onion is softened and beginning to brown on edges, about 6 minutes. Stir in bacon, raisins, vinegar, sugar, and 1/4 teaspoon salt and boil until liquid is reduced to about 1/3 cup, about 1 minute. Remove from heat.
3. Preheat broiler and place foil in 2 large baking pans. Spray foil with olive oil or nonstick spray.
4. Arrange 2 trout, opened and skin side down, in each pan. Brush flesh of fish with 2 teaspoons oil (total) and sprinkle with a spice rub and remaining 1/4 teaspoon salt.
5. Broil 1 pan of fish about 4 inches from heat until just cooked through, 2 to 4 minutes, then loosely cover with foil to keep warm and broil second pan of fish in same manner. Reheat bacon mixture and add butter; cook until butter is melted. Spoon bacon mixture down center of each fish and drizzle with remaining juices from skillet. Garnish with Italian parsley and serve immediately.

BACON RAISIN SAUCE

6 thick bacon slices, cut crosswise into 1/8-inch-wide strips

1 cup red onion, halved, thinly sliced

1/2 cup golden raisins

1/2 cup red wine vinegar

2 teaspoons sugar

1/2 teaspoon salt

TROUT:

4 whole rainbow trout, cleaned and deboned, removing heads and tails (butterflied), about 10-12 ounces each

2 tablespoons Italian parsley, coarsely chopped

2 tablespoons unsalted butter, room temp

1 1/2 teaspoons Cajun spice rub, or spice rub of your choice

2 teaspoons olive oil, plus additional if necessary

Per Serving (excluding unknown items): 158 Calories; 8g Fat (43.9% calories from fat); 11g Protein; 12g Carbohydrate; 1g Dietary Fiber; 37mg Cholesterol; 225mg Sodium. Exchanges: 1 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 1 Fat; 0 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>