



Baked Ocean Trout with Mushrooms

Catching freshwater fish (like trout) and foraging for mushrooms are both popular pastimes in northern Italy, and the fruits of these activities come together deliciously in this simple dish. Use whatever mushrooms are available just as they would in Italy, I love wild pine mushrooms or slippery jacks when they're in season, otherwise I use something meaty like chestnut, king brown or Swiss brown mushrooms, or a mixture. Savoy cabbage soaks up the cooking juices beautifully to complete this rustic dish.

Serves 2



INGREDIENTS

- 1 x 400g piece ocean trout fillet, skin on, pin-boned
- 1/3 cup flat-leaf parsley leaves
- 1 clove garlic, peeled
- 2 tablespoons extra virgin olive oil
- Salt flakes, to taste
- 50g butter, diced
- 200g Savoy cabbage, finely sliced
- 150g mushrooms
- 2 tablespoons dry white wine
- Crusty bread, for serving

METHOD

1. Remove fish from the fridge about 30 minutes before cooking.
2. Wipe skin with paper towel to ensure it's dry and remove any remaining scale. Check for bones and place in a shallow bowl skin side down.
3. Chop parsley and garlic together and mix with the oil and a teaspoon of crushed salt flakes.
4. Pour over the fish, spreading it all over the flesh, and set aside for 30 minutes or so.
5. Meanwhile, preheat oven to 200°C.
6. Use a little of the butter to grease a baking dish.
7. Shave cabbage finely, discarding any thick stems, and spread it out in the bottom of the baking dish.
8. Slice mushrooms into bite-sized pieces and spread on top of the cabbage.
9. Dot vegetables with remaining butter, adding extra to the outer edges that won't be covered by the fish to help prevent them drying out.
10. Pour wine over the top.
11. Place fish on top, skin side up, pouring any of the marinade left in the bowl over it.
12. Place in the oven and cook for 15–20 minutes, until fish is cooked to your liking. Then turn on overhead grill for 3–5 minutes to crisp skin.
13. Remove from oven, set aside for a few minutes then serve with crusty bread.