

Belhaven Trout & Prosciutto in a Creamy Wine Sauce

Ingredients:

- 8 Belhaven trout fillets
- 4 Prosciutto slices
- 10 ml fresh tarragon
- 20 ml lemon juice
- 100 ml white wine
- 150 ml crème fraîche
- 20 ml fresh parsley
- 10 ml turmeric
- 10 ml salt

Method:

1. Set oven. Gas 5, 190°C/170°C - fan oven.
2. Grease a shallow oven-proof dish. Season the fillets with salt and pepper on both sides.
3. Cut each prosciutto slice in half lengthways.
4. Lay the meat flat, place a trout fillet on top, then sprinkle with chopped tarragon and lemon juice.
5. Roll up the fillets from the thicker end, then stand it up in the dish.
6. Repeat this for all the fillets.
7. Pour the wine around the rolled fish, cook, uncovered for 15-20 mins until the trout is tender and the meat crisp.
8. Spoon the crème fraîche and parsley around the fish, stirring it well, return to the oven for 5mins.
9. Serve the fish with the sauce and saffron or turmeric rice.