

GRILLED WHOLE TROUT

Prep time: 15 minutes
Cook time: 10 minutes
Serves 4 people



INGREDIENTS

- 4 Whole Trout - cleaned, rinsed, patted dry
- 12 Cloves garlic, chopped
- 5 Tablespoons olive oil
- 1/4 Cup chopped fresh thyme
- 1/4 Cup chopped fresh rosemary
- 2 Lemons, 1 halved and 1 sliced
- Salt and Black Pepper, freshly ground

INSTRUCTIONS

1. Cut 1 of the lemons first into quarters, then into thin slices. Cut the other lemon into whole slices; reserve for garnish.
2. Combine lemon slices, olive oil, garlic, thyme, and rosemary in a bowl.
3. Rub trout generously inside and out with salt and pepper. Stuff 1/4 of the lemon-herb mixture into each trout cavity. Marinate for 1 hour in the refrigerator.
4. Preheat an outdoor grill for medium-high heat and lightly oil the grate.
5. Grill trout until flesh flakes easily with a fork, about 4 minutes per side. Garnish with lemon wedges.

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