

OR, if you are seeking a variety
from Gourmet . . .

BARBEQUED TROUT: (To barbeque trout we recommend placing the trout in a hinged wire holder so that the trout can be turned frequently without danger of having the skin stick to the regular barbeque grill.)

Dust frozen trout with seasoned flour; place over medium hot coals. With a small brush baste trout with butter or bacon grease each time it is turned. Turn frequently until flesh is easily flaked or pierced with fork. Melt one-third cube of butter in a pan, add a handful of almonds and saute the almonds-until brown. Then add to this the juice of one lemon. Remove the center bone from the barbeque trout and pour this butter almond sauce over the trout. Mmm-m
My! it's good. Serve with a baked potato and a tossed green salad

RAINBOW TROUT DIPLOMATE: Defrost 4 XMAN FRESH FROZEN
Season the fish with salt and pepper