

Trout with herb stock

Ingredients for 4 people

4 trout
 4 branches of thyme
 1 branch of dill
 1 lime
 2 tbsp olive oil
 salt, pepper from the mill

Stock for the flavouring pan

2 dl/200 ml white wine / fish stock
 rosemary, thyme, dill, pepper corns, coriander
 1 lemon, finely cut
 1 clove of garlic, crushed
 2 cloves of garlic



Preparation





Season the inside of the trout with salt and pepper, fill with herbs and sprinkle with lime juice. Cut 5 mm slits into the trout with a sharp knife 3 times on each side.

Preparation on the barbecue

Fill the stock into the flavouring pan, remove the cooking grid, put the pan into the funnel, replace the cooking grid. Preheat the barbecue for at least 15 minutes on the highest flame.

Reduce heat, place the trout in the middle of the hot cooking grid to cook for between 12 and 15 minutes at 200° C.

For the gas kettle barbecue

Funnel in normal position 
 Lid closed
 Required accessories flavouring pan / cooking grid
 Preheat for about 15 minutes on the highest flame    with filled flavouring pan inserted inside the funnel and with lid closed