



ADD A NEW FLAVOUR TO YOUR BBQ SEASON WITH BRITISH TROUT

With the threat of rain in the air, you'd be forgiven for forgetting that the summer is upon us. With the promise of better weather on the way however, why not take full advantage of sunny days by trying something new on the BBQ?

This year, swap the traditional burger for a healthy and flavoursome fish alternative – trout. Proving that it is easy to barbecue the healthy way, **Thai marinated trout** is simple yet tastes delicious straight off the grill. Complemented by a marinade brought to life with with a kick of chilli and zingy hit of lime, this rich trout dish reinvents the usual BBQ fare.

Plus, it means deep-charred burgers and half-cooked sausages don't need to feature on the menu, as it is easy to tell when this trout dish is cooked.

Affordable and easy to prepare, trout is low in saturated fats but high in essential proteins - our body's building blocks. In addition, trout is rich in omega-3 fatty acids which are essential for promoting healthy skin, bones and teeth whilst boosting our immune system.

Trout is also one of the few foods naturally high in Vitamin D - otherwise known as the 'sunshine' vitamin - which regulates calcium levels and contributes to strong, healthy bones. It has been shown that a significant percentage of the UK population has a low vitamin D level, so this dish helps top up on what the British summertime can offer.



British trout is widely available in supermarkets, independent fishmongers, delis and farm shops either as whole fish, fillets or both hot and cold smoked.

For more information go to www.britishtrout.co.uk.

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Issued by The BIG Partnership on behalf of The British Trout Association. For further information please contact:

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NOTES TO EDITOR

THAI MARINATED BRITISH TROUT

Serves: 6

Ingredients

6 British trout cutlets, each about 115g/4oz

2 garlic cloves, chopped

1 fresh long red chilli, seeded and chopped

45ml/3 tbsp chopped Thai basil

15ml/1 tbsp palm sugar or granulated sugar

3 limes

400ml/14fl oz/ 1^{2/3} cups coconut milk

15ml/1 tbsp Thai fish sauce

Method

1. Place the British trout cutlets side by side in a shallow dish. Using a pestle, pound the garlic and chilli in a large mortar to break both up roughly. Add 30ml/2 tbsp of the Thai basil with the sugar and continue to pound to a rough paste.
2. Grate the rind from 1 lime and squeeze it. Mix the rind and juice into the chilli paste, with the coconut milk. Pour the mixture over the cutlets. Cover and chill for about one hour. Cut the remaining limes into wedges.
3. Take the fish out of the refrigerator so that it can return to room temperature. Remove the cutlets from the marinade and place them in an oiled-hinged wire fish basket or directly on the lightly oiled grill. Cook the fish for four minutes on each side, trying not to move them. They may stick to the grill rack if not seared first.
4. Strain the remaining marinade into a pan, reserving the contents of the sieve. Bring the marinade to the boil, then simmer gently for five minutes, stirring. Stir in the contents of the sieve and continue to simmer for one more minute. Add the Thai fish sauce and the remaining Thai basil.

5. Lift each fish cutlet on to a plate, pour over the sauce and serve with the lime wedges.

Cook's tip

Trout is best cooked when the barbecue is cool to medium hot, and the coals have a medium to thick coating of ash. Always remember to oil the barbecue rack or hinged grill lightly and take care when cooking any fish in a marinade, as the residue can cause flare-ups if it drips on to the coals.

Trout nutritional information (sourced from Food Standards Authority):

Omega 3 - These fatty acids have been shown to help protect against coronary heart disease.

Vitamin A – Helps to maintain healthy skin, strengthen immunity to infection and help vision.

Vitamin D – Also known as the 'sunshine vitamin'. It helps promote healthy teeth and bones.

Selenium - Plays an important role in our immune system's function, in thyroid hormone metabolism and in reproduction. It is also part of the body's antioxidant defence system, preventing damage to cells and tissues.

About the British Trout Association:

The **British Trout Association** has over 80 members, and represents over 90% of trout production in the UK. For further information please visit www.britishtROUT.co.uk.