

Trout Patties

- 3 eggs (separated)
- Beat whites to soft peaks-fold in whisked yolks to combine.
- 1 red onion (finely chopped)
- Trout filleted and boned, then cut into large chunks.
- Seasoning to taste (mixed herbs, salt, pepper etc.)

Mix well, then add 1/4 cup of self raising flour and gently fold in egg mixture.

Form patties with floured hands.

Cook in hot oil or butter until fish cooked (Not too long, just a few minutes)

Serve with veges or a fresh salad and a still white wine.