

Grilled Trout Fillets – New Orleans Style

Ingredients

- 4 trout fillets
- ½ teaspoon salt
- ¼ teaspoon white pepper
- ½ cup butter, melted
- 2- 3 spring onions, white part only, chopped
- 2 cloves garlic, finely minced
- 1 teaspoon finely minced ginger
- 1 teaspoon dried tarragon, crushed
- ¼ teaspoon cayenne pepper
- juice of 1 lemon
- 1 teaspoon Worcestershire sauce
- 1 teaspoon Cajun pepper

Season trout fillets with salt and pepper. Place in a buttered baking dish. Melt butter in a small fry pan; add spring onions and sauté for 2 minutes; add garlic and ginger and sauté for an additional minute. Remove from heat; add tarragon, cayenne pepper, lemon juice, Worcestershire sauce and Cajun pepper. Stir well and spoon over trout fillets.

Place under griller (7 to 10 inches from heat source) and cook for 10 to 15 minutes or until trout is done. The trout is cooked when it flakes easily when tested with a fork.

Serve with lemon or lime wedges along with a green salad and crusty bread.