

Trout Cakes

- 1 Trout cleaned
- 1/2 onion diced
- 1/2 red bell pepper, diced
- 1 egg
- 2 tblspn mayonnaise
- 2 tblspn mustard
- 1 handful fresh parsley, chopped

- breadcrumbs
- lemon juice
- olive oil
- butter
- toasted sesame seeds to taste

Brush trout with olive oil, place on foil in a roasting pan, and broil until barely cooked through. The meat should separate easily from the backbone and skin yet still be tender and moist. Pick out all the bones. Set meat aside.

Saute diced onion and red pepper in butter. Remove to large bowl. Mix together with the trout meat, mayonnaise, mustard, egg, breadcrumbs, parsley and a squeeze of lemon. Add toasted sesame.

Form into patties and fry in butter until cakes are lightly browned on the outside.