

# TheRecipeWorks - Baked Trout with Cucumber Sauce

## Baked Trout with Cucumber Sauce

Serves: 4

4 275g trout; cleaned  
300 ml fish or vegetable stock  
1/2 small cucumber; coarsely grated  
300 ml soured cream  
1 teaspoon tarragon vinegar  
1 teaspoon fresh tarragon; chopped  
fresh tarragon leaves; to garnish

Preheat oven to 180C / 350F / Gas 4. Arrange the trout in a single layer in a shallow dish. Pour over the stock. Bake for 15 mins.

Remove the fish from the cooking liquor and carefully peel off the skin, leaving the head and tail intact. Leave to cool.

Just before serving, make the sauce. Place the cucumber, cream, vinegar and chopped tarragon in a bowl and mix well. Coat the trout in some of the sauce, leaving the head and tail exposed. Serve the remaining sauce separately.