



Smoked Herb Stuffed Trout

Judy served this as an appetizer at our 2015 Meet & Greet. It was delicious!

1 gallon water	1 c brown sugar	1 c Kosher salt	juice of one lemon
olive oil	fresh oregano	fresh chives	

Combine water, sugar, salt, and lemon juice to make brine. Stir until salt and sugar are dissolved.

Pour over whole trout in a shallow pan and brine for 2 hours.

Remove the trout from brine, rinse to remove excess salt.

Brush the trout inside and out with olive oil.

Stuff the cavity of the trout with fresh oregano and chives, don't be skimping with herbs.

Prepare your smoker to 225 degrees, use appropriate amount of apple wood for your smoker.

Smoke trout for about 1 hour or until temperature of trout reaches 145 degrees.

As an entrée I serve whole with parsley and lemon slices on platter. I use a stuffed green olive slice over the eye.

As an appetizer I skin and debone the trout, flaking the meat. Serve with crackers and tartar sauce or cucumber dill dip.

Cucumber Dill Dip

¾ c nonfat plain yogurt	1 t dried dill or 1 T fresh dill weed
½ c unpeeled cucumber, finely chopped	¼ t salt

Combine and stir well.

My family loves this. It's pretty served whole on a platter. We enjoy going trout fishing with friends and grandkids.

