

TROUT STUFFED JAPANESE STYLE



INGREDIENTS

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| ¼ lb Mushroom, sliced | 4 each Trout, whole, boned with skin, head, and tail |
| 2 tbsp Vegetable Oil | 3 each Scallions, cut ½" thick |
| 1 cup Red or Green Bell Pepper, seeded and sliced in ¼" strips | 8 each Strip Bacon |
| 4 each Eggs, lightly beaten | 1 cup Bean Sprouts |
| 2 tsp Soy Sauce | 2 each Rib Celery, sliced |

DIRECTIONS

Place your wok on a burner over very high heat until thoroughly preheated. Carefully pour oil into pan and immediately add mushrooms, bell pepper, bean sprouts, celery, and scallions. Stir fry vigorously for two minutes.

Add the eggs and soy sauce and continue to toss and cook until eggs begin to coagulate, about 1 minute.

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CARD 1 OF 2

TROUT STUFFED JAPANESE STYLE (cont.)



DIRECTIONS (cont.)

Remove filling from wok to a small bowl.

Preheat oven to 500 degrees.

Lay each of the 4 fish open on a baking sheet. Place ¼ of the stuffing mixture inside each of the fish and close the fish over the stuffing.

Wrap 2 slices of bacon around each trout, tucking the ends under the fish. Make sure there is at least 1 inch of space between each fish.

Bake approximately 12-15 minutes, or until the bacon and fish skin are crisp, and the interior flesh is flaky. Vegetables should remain crisp.

CARD 2 OF 2