



# Sparkle Kitchen

## **Campfire Trout**

(serves 4 adult appetites)

### **Ingredients**

4 trout, as freshly caught as possible

2-3 lemons

A large bunch of mixed of fresh herbs, like rosemary, thyme, and sage

salt and pepper

cotton twine

### **Directions**

These fish can be cooked on a campfire grate or a grill. Either way, you'll want to start the fire 30 minutes to an hour beforehand, so that you get some nice, hot coals. Once the coals are almost ready you can begin preparing the fish.

Reserving just a few stems to use for garnish later, dice most of the herbs finely. Add about a teaspoon each of salt and pepper to the herbs, and mix to make a seasoning blend. Slice the lemons into thick rounds.

With a sharp knife, make about five, diagonal, shallow slash marks into the skin of each fish. Stuff the fish with the herb blend and several lemon slices. If your fish are small, you may have to cut the lemon slices in half. Placing a stem of the reserved garnish herbs on top, use the cotton twine to tie the fish closed.

Once all the fish are stuffed and tied, lay them out on your pre-heated grill or grate. The size of your fish will dictate the cooking time, but it should be in the ballpark of 20 minutes. Turn the fish once during cooking. You'll know the fish are done when they flake when tested with a fork.

Enjoy!