

Trout Salmon with celery and Bacon

Henri recipe (12.18.16)

1 whole trout filet with skin
Kosher salt and fresh ground pepper
Captain Rodney seasoning
Cardamom seeds
½ teaspoon fresh grated ginger
1 garlic clove minced
3-4 celery stalks –finely grated with micro planer
6-8 slices of bacon
2-3 green onions –cut in 1 inch long pieces

1. Heat oven to 450 F
2. Butter or spray cooking pan
3. Set trout skin down in baking pan and salt and pepper
4. Baste fish generously with Captain Rodney seasoning
5. Mix celery with ginger and garlic and lay it over fish evenly
6. Sprinkle fish with cardamom seeds
7. Cut bacon in half and lay it over fish in a diagonal manner
8. Cook fish till almost pink and set it under broiler to cook bacon
9. Sprinkle with green onion and serve.

Serve with roasted potatoes.