

RECIPE | BERRIES



SWEET BLOOMS® & RED WINE GLAZED TROUT

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INGREDIENTS

- 12 oz Pure Flavor® Sweet Blooms® Strawberries, quartered
- 16 oz trout fillets
- ½ cup red wine
- ¼ cup orange marmalade
- ¼ cup onion, minced
- 1 tsp olive oil
- Salt and pepper, to taste



DIRECTIONS

- 1 Season trout with salt and pepper and place in oven safe pan.
 - 2 Whisk together the wine and marmalade and pour ¼ cup of the mixture over the fish. Set the remainder aside.
 - 3 Broil trout for 10 minutes or until nearly cooked through.
 - 4 While fish is cooking, heat oil in a large skillet over medium-high heat. Add the onion, season with salt and pepper, and cook until the onions soften.
 - 5 Reduce heat to low, add the remaining red wine and marmalade mixture and reduce slightly.
 - 6 Remove fish from the oven and add the strawberries and marmalade reduction.
 - 7 Cook trout for another 5 minutes, basting the sauce over the fish until sauce has thickened and the trout is glazed.
- Pro Tip:** Marinate trout in the refrigerator for 30 minutes for a more intense flavor.



25 min

10 min
PREP.

15 min
COOKING



2



easy