RECIPE | BERRIES

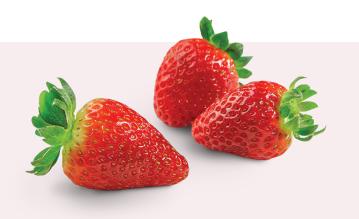
SWEET BLOOMS[®] & RED WINE GLAZED TROUT



easy

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.
- 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.
- Remove fish from the oven and add the strawberries and marmalade reduction.
- 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.



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