



RECIPE | BERRIES

# SWEET BLOOMS® & RED WINE GLAZED TROUT



10 min  
PREP.



2



easy

25 min

15 min  
COOKING

## 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.

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