



cast iron

## Roasted Trout

with Samphire, New Potatoes and Brown Caper Butter

Cast Iron 30cm Shallow Casserole



# Roasted Trout

with Samphire, New Potatoes and Brown Caper Butter

Serves 4 as a light meal - 2 as a main

A complete meal cooked and served in the shallow casserole, perfect for informal dining.  
Olive oil and sea salt new potatoes and whole trout filled with samphire roasted in the shallow casserole,  
finished with browned, nutty caper butter and a squeeze of lemon.

Cast Iron 30cm Shallow Casserole

Oven: 200°C

Preparation time: 15 minutes

Fan Oven: 180°C

Cooking time: 40 minutes

## Method

## Ingredients

### Potatoes

1 tablespoon olive oil  
400g small new potatoes with skin left on  
– cut into 3cm pieces  
½ teaspoon sea salt

### Fish

2 x 280-300g whole trout – filleted  
and cleaned  
60g fresh samphire  
Olive oil for brushing and a pinch of salt

### Caper Butter

2 tablespoons salted butter  
1 tablespoon small capers  
¼ teaspoon coarse black pepper  
Juice ½ lemon

To serve – ½ a lemon cut into 4 wedges and  
1 tablespoon freshly chopped parsley

1. Place the tablespoon of olive oil into the casserole dish, add the potatoes and toss together. Season with the ½ teaspoon sea salt and roast for 20-25 minutes.
2. Make 3x1cm deep slashes in the skin of the fish on both sides before opening the cavity and lightly filling with the samphire.
3. Remove the casserole dish from the oven, push the part cooked potatoes towards the edges of the dish and place the fish in the centre. Brush the fish with a little olive oil and season with the pinch of salt.
4. Place the casserole dish back into the oven to roast for a further 15-18 minutes until the flesh of the fish is pink and cooked through to the bone.
5. To make the caper butter, heat the butter in a small pan. When it begins to turn brown and foam, stir in the capers, pepper and lemon juice.

## To Serve

Pour a little of the caper butter over the roasted fish, sprinkle with the fresh parsley and serve with the remaining caper butter and lemon wedges.

## Cook's notes

Brown and rainbow trout varieties are both suitable.  
Slashing the skin of the fish will allow the heat to penetrate to the bone cooking the fish evenly and more quickly.



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