

Baked Trout with Oranges, Olives, and Herbs

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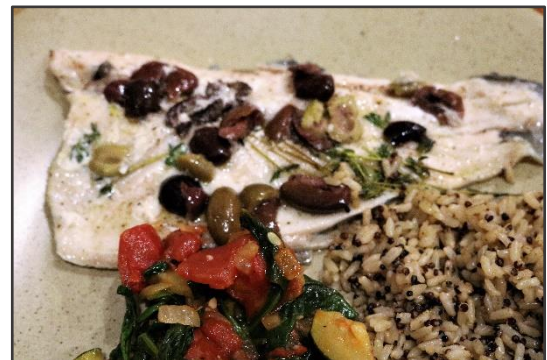
Recipe Source: Adam and Joanne Gallagher for [Inspired Taste](http://InspiredTaste.com)

INGREDIENTS:

- Olive oil
- 2 small rainbow trout, cleaned and butterflied (opened up with the halves still attached), about 1 pound
- 1/4 teaspoon ground cinnamon
- Salt and freshly ground black pepper
- 1/4 cup pitted olives, halved
- 1 tablespoon extra-virgin olive oil
- 2 tablespoons chicken stock, fish stock or dry white wine
- 4 thin orange slices plus more for serving
- 2-4 sprigs fresh thyme

DIRECTIONS:

- Heat oven to 400 degrees F. Cut two 16-inch squares of cooking parchment paper or use foil.
- Place one trout, skin side down, on each piece of foil. Lightly oil both sides with oil. Season both sides, inside and out, with cinnamon, salt and pepper.
- Open up the trout, like a book, and add half of the olives, two orange slices, and 1 or two sprigs of thyme.
- Season with another pinch of salt and a few grinds of black pepper then pour one (1) tablespoon of liquid (stock or wine) over each trout. Close up the fish.
- Fold up the foil by grabbing at the edges and crimping together in the middle and at the ends to make a packet.



- Place packets onto a rimmed baking sheet. Bake until the fish flakes easily with a fork, 10 to 15 minutes. checking one packet after 10 minutes. The flesh should pull apart easily with a fork.
- Place each packet on a plate. Carefully open the foil packets — take care not to let the steam burn you. Slide the fish away from the packet and onto the plate and pour juices over it. Serve with more fresh herbs and orange slices.