

# Stuffed Trout with Mushroom Sauce

## Ingredients

### For stuffed trout:

6 trout or sole  
Salt and pepper  
8oz (225 gm) butter or margarine  
1 lb (1/2 kilo) frozen spinach  
8 oz (225 gm) tin salmon

### For mushroom sauce:

¾ pint (425 ml) double cream  
1 lb (1/2 kilo) button mushrooms  
1 onion, diced  
2 tablespoon plain flour  
2 tablespoon sherry  
2 tablespoon brandy

## Directions

To prepare the trout:

Wash trout well and sprinkle with salt and pepper.

Melt 4 oz (115 gm) butter in pan and sauté trout until golden brown. Cool.

When trout are cold, carefully slit down the side and remove the centre bone.

Put aside while you prepare the filling.

Cook frozen spinach in salted water for 10 min.

Drain and mash well with fork.

Drain the salmon, remove the skin and bones and mash well.

Add the salmon to the spinach.

Add 1 teaspoon salt, a dash of pepper and ½ pint (140 ml) cream.

Mix until smooth and creamy.

Carefully stuff each trout with the salmon and spinach mixture.

Heat trout and keep hot.

To prepare the mushroom sauce:

Wash mushrooms well, dry on a clean cloth and slice.

Heat the remaining 4 oz (115 gm) butter in pan, add onion and sauté until golden brown.

Add the mushrooms to the onions and sauté until soft, approximately 8 min.

Stir in the flour and pour the remaining cream over. Simmer for a few minutes.

Add sherry, and season.

Place each trout on a serving plate then coat the fish well with the mushroom sauce. Heat 2 tbsp brandy in a pan. Set alight and spoon over the trout.

Enjoy!

Rabbi Alexander Dukhovny, Kyiv, Ukraine

*Note from Rabbi Dukhovny: My colleague and friend Rabbi Erlene Wahlhaus-Dukhovny (z"l), was a South African Jewess with roots in Germany and Lithuania. During the course of our marriage, I learned that her gift of cooking came from her mother, Rhona Wahlhaus (z"l), who was born in London and moved to Johannesburg as a child. Rhona married into strict Jewish family and quickly found the available traditional recipes monotonous. She began to collect and adapt recipes which she later published, nearly 50 years ago in Cape Town, as Food for Thought. It was later republished in London as Jewish Gourment Cooking. The above recipe comes from that book and has become a family recipe.*