



# TROUT WITH PARMA HAM

(SERVES 4)

## INGREDIENTS

### *Lake Crystal Salt*

- 4 trout, cleaned
- Black pepper
- 4 slices Parma ham
- 125g smoked bacon, diced
- 2 cloves garlic, cut into fine slivers
- Olive oil
- Plain flour for coating



## METHOD

- Wash the fish well and dry thoroughly.
- Season inside and out with *Lake Crystal Salt* and pepper.
- Put a slice of ham inside each trout and close with cocktail sticks or poultry pins.
- Coat with flour, shaking off any excess.
- Put 2 tablespoons of olive oil in a pan and cook the bacon until the fat runs.
- Add the garlic and continue to cook for another couple of minutes.
- Remove the bacon and garlic from the pan and set to one side on absorbent paper.
- Cook the trout in the remaining oil until golden brown all over and cooked right through.
- Serve immediately, scattered with the diced bacon and garlic.

[Lake Crystal natural lake salt](https://www.lakecrystal.com.au) - an organically certified fine food salt developed for the food enthusiast, discerning cook and the health conscious consumer.