

SMOKED TROUT & TOMATO COCOTTES

Serves 6

Ingredients

2 [Smoked Trout Fillets](#), flaked
1 tbsp Fresh Parsley – finely chopped
4 tbsp Breadcrumbs
4 tbsp Grated Parmesan Cheese
6 tbsp Double Cream
3 Medium Tomatoes, peeled, seeded and
chopped
[Halen Môn Sea Salt](#) and Freshly Ground Black
Pepper
[Sourdough Bread](#), to serve



Preheat the oven to 200C.

Divide the [Smoked Trout](#) flesh between the six cocotte dishes, and season with freshly ground black pepper.

Spoon 1 tbsp of cream over each, cover with a layer of tomato, a sprinkle of parsley, [Halen Môn Sea Salt](#) and black pepper.

Top with a mixture of breadcrumbs and parmesan and place in the hot oven for 10 minutes until heated through and turning golden.

Serve this Smoked Trout recipe with chunks of [Sourdough Bread](#).

Enjoy!