

Subject: : Beginner Forum

Topic: : Stockies: Keep or Release?

Re: Stockies: Keep or Release?

Author: : geebee

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URL:

stocked trout don't taste that good imho, and who knows what chemicals, steriods, they use to grow them on and colour the flesh.

i much prefer wild trout, but if one was bleeding from the gills or flat out done then i'd knock it on the head. i prefer to put them back for someone else (maybe a kid) to catch.

filleting trout is easy. run a sharp knife along its gut from gills back to anal fin. pull out guts and throw away. place trout on side. with a large sharp knife make one vertical cut behind the gills down to the backbone. then turn knife sideways and cut along the backbone up to the anal fin.

make another vertical cut there to the backbone and lift off fillet. turn trout over and repeat.

cut off remaining fins and you're good to go.

place on foil skinside down with lemon, pepper, dill and bacon on top. fold edges up into a parcel and place in oven, or on camp fire for 10 minutes. check it then cook till done.