

Baroque Trout

This dish would have been served to King Louis XIV of France as a petite entrées after the soup course.

Ingredients

4 fresh trout
1/3 cup brown bread crumbs
1/5 cup currants
3 oranges **or** 1 pint of orange juice
1 1/4 cups water
2 Tbs. butter
4 sprigs rosemary
4 sprigs parsley
4 sprigs marjoram
4 fennel tops
large pinch ground cinnamon
pinch sea salt
1 bunch watercress

Utensils

knife and cutting board
measuring cup
lemon reamer
shallow pan with lid
cookpot
wooden spoon
spatula
serving plate
gravy boat
ladle

Clean the insides of the trout under cold running water. Stuff the cavities of the trout with the herbs and place them in the pan. Add the water and sea salt. Juice two of the oranges. Orange juice can be bought in the store. Peel the other orange and divide it into sections. Place 4 sections of orange on top of the fish. Cover the pan with the lid. Chop the currants and the bread crumbs. The dish can be prepared up to this point in advance. Turn the oven on low and place the serving plate inside to warm. Place the pan on the stove and bring to a boil over medium heat, then reduce the heat to low and simmer 10 minutes or until the fish is cooked. Remove the fish from the pan and reserve the cooking liquid. Skin and fillet the fish and place them on the serving plate. Place the serving plate in the oven to keep it warm. Remove the woody stems from the herbs that were inside the cavities of the fish. Finely chop the herbs. Melt the butter in the cookpot on the stove over medium high heat and add the currants, bread crumbs, and cinnamon. Sauté them for a few minutes, then add the herbs that were cooked inside the fish, the orange juice, and approximately half of the cooking liquid from the fish. Stir well. Cook 1 minute and adjust the seasoning if needed. Garnish the fish with the watercress and pour the sauce into the gravy boat to serve separately. Serve both hot.