

Yucatan-style Roasted Trout

Ingredients:

Trout:

2 trout (about $\frac{2}{3}$ lb total)
1 oz. achiote paste
2 limes
1 orange
 $\frac{1}{2}$ t. salt
 $\frac{1}{4}$ c. beer
a pinch of dried or fresh, chopped epazote (optional)

Pickled Red Onions:

1 small red onion (about $1\frac{1}{2}$ c. slices)
1 t. chopped fresh oregano
1 t. chopped fresh thyme
2 limes
 $\frac{1}{3}$ c. white wine vinegar.
a few black peppercorns or $\frac{1}{4}$ t. ground black pepper
 $\frac{1}{4}$ t. cumin
pinch of red pepper flakes
 $\frac{1}{2}$ t. salt

Equipment:

large brown paper bag, a pastry brush and cooking oil (or tin foil)
a small oven-safe dish to cook the fish.

Marinate Trout:

Juice the limes and orange. First mix the achiote paste with a little of the juice to dissolve the paste, then mix it into the rest of the juice. Add salt. Pat the fish dry. Place fish in a loaf pan or small baking pan, skin side down. Pour marinade over fish. Cover and chill for at least 2 hours, up to overnight.

Pickle Onions:

Bring a large pot of water to a boil. Slice onions into strips or rounds. Pour onions into the boiling water and cook for exactly one minute. Pour into a colander and run cold water over the onions until they have cooled down. Juice limes, pour juice into a glass jar (2c. is a good size for this quantity). Add white vinegar, spices, lime juice oregano, thyme and salt. Toss in the onions and press down to submerge in the brine. Leave to marinate at least two hours or up to several days in advance.

Roast Trout:

Preheat the oven to 350°F. Transfer trout to the dish you want to bake them in. Spoon a few tablespoons of the leftover marinade over the trout. Spoon the beer over the fish. Sprinkle with a few leaves of oregano and epazote (if using). Discard remaining marinade. Cover the fish, either by sealing over the top of the dish with aluminum foil, or placing the whole dish inside an oiled paper bag. Place

Kitchen Table Scraps

the covered dish in the oven and bake for 12-18 minutes, until the fish is cooked through, and flakes easily.

Serve:

Serve fish with pickled onions, spoon some of the excess cooking juice over the plated fish. Top with pickled onions.