Baked Lake Trout (Or Whitefish) With Shrimp Stuffing

Nelson Thomas (Duluth, MN)

Yield/Servings: Serves 4-6

Ingredients:

• 1 Lake Trout - 4 lbs. Dressed; or Whitefish
• 6 Tbsp Butter Melted, Divided Salt & Pepper
• 1/4 cup Chopped Onion
• 2 cup Coarse Dry Bread Crumbs
• 3/4 lb. Raw Shrimp, Peeled, Deveined, Chopped
• 1/2 cup Raw Spinach, Washed, Drained, Chopped
• 1 Beaten Egg
• 1 Tbsp Chopped Fresh Parsley
• 1/2 tsp. Poultry Seasoning
• 1/4 tsp. Paprika

Instructions:

• Brush fish with 4 T. butter, in and out.
• Lightly salt and pepper in and out.
• Lay fish in shallow baking pan. Set aside.
• In saucepan, sauté onions in remaining butter. Transfer to large bowl and add bread crumbs, shrimp, spinach, beaten egg, parsley, salt, poultry seasoning, and paprika; blend.
• Add milk or chicken stock or water to get to stick together. Stuff into cavity of fish.
• Sew or use wooden sticks or wrap in aluminum foil to cook the fish. Cook extra stuffing in foil.
• Bake at 350° about 40 minutes or until flesh is firm to the touch and shrimp are pink.