

# Brithyll a Chig Moch (Trout and Bacon) Welsh

## Ingredients :

1	x	Rainbow Trout (1 per person)
1	x	Fresh rosemary
1	x	Fresh thyme
1	x	Fresh parsley
1	x	Fresh sage
1	x	Rasher of bacon (per person)
1	x	A little butter

## Method :

- Fresh rainbow [trout](#) - cleaned; head and tail left on.
- Stuffed with a mixture of fresh [rosemary](#), [thyme](#), [parsley](#), and [sage](#) loosely chopped and blended with a little [butter](#). Wrap the fish in a long rasher of [bacon](#). Enclose in foil and [bake](#) in a hot oven for around 25-30 minutes. Open top of foil and shape like a boat, paint with a little butter and serve.
- Serve with boiled [potatoes](#) and plain fresh vegetables.
- This dish used to be [baked](#) in an open fire with the fish encased in mud.

Happy St. David's Day

John Long