



A COLLECTION OF GOATSBRIDGE FAVOURITE TROUT RECIPES



DID YOU KNOW?

The story of Goatsbridge

Premium Irish Trout

begins in the shadows of one of Ireland's well known historical landmarks, at Jerpoint Abbey near Thomastown, Co. Kilkenny. Back in 1180, Jerpoint Abbey was founded by Cistercian monks who were known for leading a life of prayer and hard work. They made the land and waters productive through hard labour. They didn't eat meat, rather they fished in the fast flowing waters of the Little Arrigle River in the heart of the Nore Valley, where husband and wife team, Margaret and Gerard Kirwan continue the proud tradition today.



Today, we are leading providers of live trout for the restocking of lakes, rivers and fisheries and our daily catch of Goatsbridge Premium Irish Trout is also supplied to hotels, restaurants, caterers, supermarkets and fish wholesalers around the country. This family run business has been passed down through the generations and currently employs seven people. Based near Mount Juliet Hotel and Golf Club and convenient to those travelling to Waterford, our location is ideal for many to visit. We welcome everyone to come and see our eco-friendly working environment and try our Premium Fresh and Smoked Trout. We're open 365 days of the year and our trout is available for direct sale to all visitors – just let us know when you are coming on 086 818 8340.

We supply:

- ✓ Whole Trout
- ✓ Gutted Trout
- ✓ Portioned Trout
- ✓ Trout Fillets
- ✓ A range of Smoked Trout products to restaurants, fish shops, the wholesale seafood trade and visitors can also buy direct from us here at Goatsbridge.

Fish Wholesalers, Restaurants and Fish Shops

We supply directly to the Dublin markets every Tuesday and Thursday and deliver in the South East throughout the week.

Home Deliveries

We can deliver fresh Trout that was caught that day, directly to your door at a fraction of the cost you might otherwise pay and we don't even charge for delivery!

Fish for Sale at Goatsbridge

We invite visitors to drop into us, see our eco-friendly environment and try some of our fish products. We're open 365 days a year – just ring 086 818 8340 to let us know that you're planning to drop by.

Why Eat Trout?

Trout is available all year round and is quick and easy to cook – try out one of our mouth watering recipes - see inside. Trout not only tastes delicious, it is also low in calories, high in protein and valuable omega 3 fatty acids and is also a very good source of vitamins A and D.

CONTACT US:

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RECIPES



Goatsbridge Trout Alexander

Ingredients

4 Goatsbridge Trout Fillets
6 tablespoons of butter
Flour
½ fresh lemon
Worcestershire sauce
Grand Marnier
Chopped parsley

Method:

Pre-heat the pan. Cut each Goatsbridge Trout fillet in half and coat both sides in flour. Place 4 tablespoons of butter in the pan and sauté the trout on one side. When lightly browned, turn it over, squeeze fresh lemon and Worcestershire sauce over it. Cook for a few more minutes before placing it on a pre-heated plate. Clean out the pan and place 2 tablespoons of butter in it, then add some Grand Marnier, allowing it to flame. Pour this over the trout and sprinkle with parsley before serving.

Serves 4

Goatsbridge Almond Trout

Ingredients

4 Goatsbridge Trout Fillets
⅔ cup of butter
⅔ cup of blanched almonds
1 small tablespoon of lemon juice
4 heaped tablespoons of flour
Pinch of salt
Freshly ground black pepper
Lemon wedges

Method:

Coat the Goatsbridge Trout in a mix of flour, salt and pepper, then sauté it in the pan over medium heat using ⅓ cup of butter. Fry for about 5 minutes on each side before moving to a heated plate. Clean the pan and fry the almonds in the remaining ⅓ cup butter at a very low temperature. Stir regularly and cook until the almonds become pale and golden. Remove from the heat and stir in the lemon juice. Pour the almond mixture over the cooked Goatsbridge Trout and serve with lemon wedges on the side.

Serves 4

Goatsbridge Trout Armada

Ingredients

4 Goatsbridge Trout Fillets
4 chopped onions
A cup of sliced mushrooms
A cup of cream
Paprika
Salt
1½ cups of toasted almonds
Brandy

Method:

Fry the Goatsbridge Trout in butter for about 5 minutes on each side over medium heat. Then place it on a hot serving plate and keep it warm. Fry the onions and mushrooms in butter until cooked. Then add a cap measure of brandy followed by the cream, salt and paprika. Pour the brandy mixture over the Goatsbridge Trout, then sprinkle with almonds and serve.

Serves 4

Spicy Goatsbridge Trout

Ingredients

4 boneless Goatsbridge Trout
Vegetable oil
Red wine vinegar
A pinch mixed spices

Method:

Lightly coat the Goatsbridge Trout with oil. Sprinkle with red wine vinegar and your selection of mixed spices. Place the trout in a baking dish, cover with foil and cook at 175°C for approx. 30 minutes.

Serves 4

TIP

Trout fried at a low temperature absorbs too much fat. The best temperature is 170°C to 175°C

RECIPES



Crispy Goatsbridge Trout

Ingredients

4 Goatsbridge Trout fillets
Buttermilk
Salt
Flour
Lemon wedges

Method:

Cover the Goatsbridge trout fillets with buttermilk. Sprinkle with salt. Leave for 30 minutes. Drain and dip the fillets in flour before frying on the pan until cooked. Serve with lemon wedges.

Serves 4

Goatsbridge Trout with Stuffing

Ingredients

4 Goatsbridge Trout
4 tablespoons of butter
2/3 cup of finely cut celery
2 tablespoons of finely cut onion
1/3 cup water
1 small teaspoon of dried sage
1 small teaspoon of dill
3 cups of bread crumbs (24 hours made)
1 cup of sliced mushrooms
Salt and Pepper

Method:

Cook the celery and onion in butter and water until soft. Stir in the sage and dill. Pour over the breadcrumbs. Fold in the mushrooms and season with salt and pepper. Stuff the Goatsbridge Trout with the bread mixture and wrap each in tin foil. Bake at 190°C for approx. 30 minutes.

Serves 4

Wuster Goatsbridge Trout

Ingredients

4 Goatsbridge Trout fillets
1 can of mushroom soup
2 teaspoons of Worcestershire sauce
1/4 teaspoon of ground thyme

Method:

Pre-heat oven at 220°C. Place the Goatsbridge fillets in a well-buttered casserole dish. Mix the Mushroom Soup with the Worcestershire sauce and thyme and pour over the Goatsbridge Trout fillets. Place the casserole dish in the oven for 20 minutes. Sprinkle with parsley and serve with lemon wedges.

Serves 4

Goatsbridge Trout Quiche

Ingredients

2/3 cup of flaked Goatsbridge Trout
1 small tablespoon of butter
1 1/2 tablespoons of dry white wine
Pinch of mixed herbs
1/2 cup of grated cheese
2 eggs
1/3 cup of salt
1/3 cup of pepper
Baked pastry shell (approx 7-9 inches)

Method:

Pre-heat oven to 175°C. Drain the flaked Goatsbridge Trout and remove any bones. Melt the butter on the pan and sauté the trout for a minute. Stir in the wine and mixed herbs. Whisk the eggs separately and season with the salt and pepper. Stir in half of the grated cheese followed by the flaked trout. Sprinkle the remaining cheese over the pastry shell. Pour the trout mixture over cheese. Place on a baking sheet and cook for approx. 40 minutes.

Serves 4

TIP

When trout is cooked it begins to flake when probed with a fork. Trout should always be moist and tender.

RECIPES



Fried Goatsbridge Trout

Ingredients

4 Goatsbridge Trout
A pinch of freshly ground pepper
½ cup of flour
½ cup of yellow cornmeal
3 tablespoons of butter
6 tablespoons of vegetable oil
2 teaspoons of salt
1 lemon cut into wedges

Method:

Wash and pat dry the Goatsbridge Trout. Season inside the trout cavity and skin with salt and pepper. Melt the butter and oil in a heated pan. Mix the cornmeal and flour and coat each trout with it before placing in the pan. Fry for approx. 5 minutes on each side until crisp and flaky. Serve with lemon wedges.

Serves 4

Grilled Goatsbridge Trout

Ingredients

4 Goatsbridge Filleted Trout
Italian dressing
Butter
Almonds

Method:

Place the trout in a bowl and cover with salad dressing. Leave in the fridge for at least 4 hours. Place the trout with the meat-side facing up under a medium grill for 15 minutes or until the flesh turns white and the fish begins to flake. Melt some butter in a small pan and toast the almonds at a low temperature. Spoon the butter over the Goatsbridge Trout and sprinkle it with almonds.

Serves 4

TIP

To thaw Trout, gradually defrost in a fridge overnight. Avoid thawing at room temperature. To thaw quickly, seal fish in a plastic bag and immerse in cold water for about an hour.

Sweet & Sour Goatsbridge Trout

Ingredients

4 Goatsbridge Trout Fillets
½ cup of vinegar
4 tablespoons of water
4 tablespoons of sugar
2 teaspoons of salt
1 green pepper sliced finely
6 onions, sliced finely
½ cup of flour
A little oil
A pinch of ginger

Method:

Cut each Goatsbridge Trout fillet lengthwise in half. Sprinkle with salt and leave for a few minutes. Mix the vinegar, water, sugar, salt and ginger in a saucepan and bring to the boil. Add the pepper and onions and return to boil. Pour mixture onto a dish. Dip the Goatsbridge Trout in flour and put it in the pan with pre-heated oil and fry. Drain well and place on the prepared mixture and turn over once. Serve either hot or cold, whichever you prefer. **Serves 4**

Goatsbridge Trout Cakes

Ingredients

2 cups of flaked Goatsbridge Trout
3 cups of freshly mashed potatoes
4 chopped onions
3 large eggs
2 tablespoons of chicken stock
2 teaspoons of salt
1 teaspoon of white pepper
1 teaspoon of sugar
1 teaspoon of sesame oil
1 tablespoon of Worcestershire sauce
1 tablespoon of cooking wine

Method:

Mix all ingredients thoroughly before shaping into balls. Dip in the egg and roll in fine cracker crumbs. Deep fry until golden brown. Drain and serve hot or cold.

Serves 4

RECIPES



White Wine Goatsbridge Trout

Ingredients

4 Filleted Goatsbridge Trout
1½ tablespoons of olive oil
½ cup olive oil
1-2 garlic cloves
Small teaspoon of paprika
Small tablespoon of flour
⅔ cup white wine
Flour
2 tablespoons chopped parsley

Method:

Wash the Goatsbridge Trout and season inside the cavity with salt and pepper. Heat the olive oil in the pan. Coat the trout in flour. Fry the trout for 3 minutes on each side and put on a plate. In a covered saucepan, heat the olive oil and sauté the onion, garlic and paprika. Add the flour and fry for 2 minutes. Add the white wine and whisk. Immerse half the trout in the sauce in the saucepan and cook on a medium heat for another 5 minutes.

Serves 4

Sage and Lemon Goatsbridge Trout

Ingredients

4 Goatsbridge Trout Fillets
¼ cup of lemon juice
2 tablespoons of olive oil
2 tablespoons of white wine
1 teaspoon of grated lemon rind
1 teaspoon of chopped sage

Method:

Whisk the lemon juice, white wine, olive oil, sage and grated lemon rind. Cover the Goatsbridge Trout with this marinade. Place the trout, meat-side up under the grill for approx. 2 minutes on each side. Serve straight away.

Serves 4

Sesame Goatsbridge Trout

Ingredients

4 Goatsbridge Trout Fillets
⅓ cup of melted butter
⅓ cup of sesame seeds
2 drops of hot pepper sauce
4 tablespoons of lemon juice
1 small teaspoon of salt
A pinch of pepper

Method:

Mix the butter, sesame seeds, hot pepper sauce, lemon juice, salt and pepper. Coat the Goatsbridge Trout with the mixture and grill for 10 minutes, then turn, again coat the trout with the mixture and grill for 10 minutes.

Serves 4

Crispy Breaded Goatsbridge Trout

Ingredients

4 pan-dressed Goatsbridge Trout
Salt & pepper
¼ cup of soft butter
⅓ cup of finely chopped parsley
1 egg
¼ cup of milk
½ cup of bread crumbs
⅓ cup of grated swiss cheese

Method:

Mix the butter, parsley, salt and pepper and spread inside the cavity of the Goatsbridge Trout. Whisk the egg and milk. Mix the bread crumbs and cheese in a separate bowl. Dip the trout in the egg mixture. Then coat with the bread crumb and cheese mixture. Place the trout in a buttered pan and cook at 260°C for approx. 20 minutes or until lightly browned and tender.

Serves 4

TIP

Remember when you remove the tiny scales on the trout you are also removing a coat of natural jelly – this can be used as an alternative to a liquid for breading.

RECIPES



Indian Style Goatsbridge Trout

Ingredients

4 Goatsbridge Trout Fillets
1 tablespoon of ground coriander
½ tablespoon of ground cumin
½ tablespoon of curry powder
¼ teaspoon of ground ginger
¼ teaspoon of chilli powder
½ teaspoon of paprika
½ garlic clove, crushed with a pinch of salt
4 heaped tablespoons of natural yoghurt
Lemon wedges

Method:

Mix all the spices, garlic and salt with the yoghurt. Leave the Goatsbridge Trout to marinate in this mixture for 3 hours, then turn the trout and allow to marinate again for a further 3 hours. Remove the trout from the marinade and place under a hot grill on pre-oiled tin foil. Grill for about 5 minutes until the edges begin to brown. Serve with lettuce and lemon wedges. **Serves 4**

Goatsbridge Trout Nosh Up

Ingredients

8 Goatsbridge Trout Fillets
2 sliced potatoes
2 sliced celery sticks
1 chopped garlic clove
2 cups of sliced mushrooms
Paprika
Salt and pepper

Method:

Place the Goatsbridge Trout fillets, meat-side up, in an oiled baking dish. Garnish with thinly sliced potatoes, celery, mushrooms and finely chopped garlic. Sprinkle with salt, pepper and paprika. Cover with tin foil and bake for 45 minutes at 200°C. Serve with a green salad. **Serves 4**

TIP

You know your trout is fresh if the skin is shiny, the gills are bright red, it smells clean and the flesh is firm and springs back when pressed.

Barbecued Pepper Goatsbridge Trout

Ingredients

4 Goatsbridge Trout
3 red peppers
½ cup of toasted pine nuts
½ cup of breadcrumbs
3 chopped cloves of garlic
3 tablespoons of olive oil
Salt and ground black pepper

Method:

Char the peppers in the oven until their skin has blackened, then put them in a sealed bag for 15 minutes. Peel and blend them in a food processor. Add the pine nuts, breadcrumbs and garlic and blend all ingredients into a purée. Whilst the processor is still blending, slowly add the olive oil. Season with salt and ground black pepper. Paste the trout on both sides with the red pepper purée and put in the fridge for 30 minutes, then remove. Once the BBQ is hot, cook for 3 minutes on each side. Lightly brush on any remaining pepper puree from earlier on the trout whilst it is cooking. Serve with rice, noodles or small potatoes. **Serves 4**

Boiled Goatsbridge Trout

Ingredients

4 Goatsbridge Trout Fillets
3 tablespoons of chicken broth
1 teaspoon of lemon juice
¼ cup of melted butter
Salt
Paprika

Method:

Heat the oven at 260°C. Dip the Goatsbridge Trout fillets in oil and place meat-side up on a greased pan. Sprinkle with seasonings. Grill approx. 4 inches from the heat for about 4 minutes. Then, remove the trout and pour the chicken broth over them. Put back in the oven at approx. 230°C for 10 minutes. Pour lemon juice and melted butter over the trout fillets and serve. **Serves 4**

RECIPES



Goatsbridge Trout with Rice

Ingredients

4 Goatsbridge Trout Fillets
4 tablespoons of natural yogurt
Some grated root ginger
Pinch of paprika & pinch of curry powder
1 cup of basmati rice
3 tablespoons of curry spices
1 red onion
1 red & 1 yellow pepper
3 chopped cloves of garlic
Cinnamon
Coriander leaves
Salt & black pepper

Method:

Mix together the yogurt, ginger, paprika and curry powder and brush it over each Goatsbridge Trout fillet leaving to marinate for 15 minutes. Cook the rice in salted water for 15 minutes. Heat the oil and fry the curry spices for 1 minute. Add the garlic and some cinnamon and fry for 2 minutes. Add the sliced onion and fry until it has softened. Add the peppers and stir fry for 5 minutes. Then add the coriander leaves and stir in the rice once ready. Meanwhile, cook the Goatsbridge Trout under a pre-heated grill for 3 minutes, then turn the trout and grill for another 3 minutes. Lay each trout fillet on top of the rice mixture. **Serves 4**

Goatsbridge Smoked Trout with Egg

Ingredients

4 Smoked Goatsbridge Trout
12 hard-boiled eggs
2 cups of mayonnaise

Method:

Cut the Goatsbridge Smoked Trout into small pieces. Slice the hard boiled eggs. Mix the trout, hard-boiled eggs and mayonnaise altogether and serve on homemade brown bread or crackers. **Serves 4**

Mexican Style Goatsbridge Trout

Ingredients

2 large Goatsbridge Trout
1 large onion
1 red pepper
2 tablespoons of olive oil
1 teaspoon of sherry or white wine vinegar
Juice of 2 limes
3 tablespoons fresh chopped parsley
2 dashes Tabasco sauce
Salt & freshly ground black pepper
1 avocado
1 tablespoon natural yoghurt

Method:

Slice the onion and dice the pepper. Add the onion and vinegar to heated oil on a pan and cook on a medium heat for 5 minutes. Add the pepper and cook for 2 minutes. Then add the juice of one of the limes, 2 tablespoons of the parsley and the Tabasco. Mix and remove from the heat. Place the Goatsbridge Trout on a pre-oiled ovenproof dish and season lightly. Spoon over the onion and pepper mixture. Cover the dish with foil and bake in a pre-heated oven at 180 °C for approx. 30 minutes. For the dip, mash together half of the avocado (with the skin removed), the juice of the second lime and the yoghurt and gently heat before serving. Garnish the baked trout and the dip with the remaining parsley and serve. **Serves 4**

Goatsbridge Trout with Mayonnaise & Almond

Ingredients

4 Goatsbridge Trout Fillets
Mayonnaise
Almonds

Method:

Take two Goatsbridge Trout fillets, place under a grill, in an oven or simply on an electrically heated clamshell grill (like a George Foreman Grill). Spread mayonnaise across them, cover with ground almonds, cook until golden brown and serve with a fresh green salad and homemade brown bread.

Serves 4

TIP

It is advisable to store your fresh trout in the coldest part of your refrigerator and eat it within 48 hours.

RECIPES



Sizzling Goatsbridge Trout

Ingredients

4 Goatsbridge Trout
4 teaspoons of salt & 2 teaspoons of sugar
2 chopped garlic cloves
1 tablespoon of diced fresh root ginger
5 finely shredded spring onions
4 tablespoons of groundnut oil
1 teaspoon of sesame oil
3 tablespoons of light soy sauce

Method:

Place a small rack in a wok and half fill with water, cover and heat until the water is simmering. Make 2-3 slits on both sides of each Goatsbridge Trout and place on a heat proof dish securely on the rack. Sprinkle the trout with salt, sugar, garlic and ginger. Steam gently for approx. 12 minutes or until the flesh has turned light pink and firm. Then turn off the heat and scatter the onions over the trout, replace the lid. Heat the groundnut and sesame oils at a high temperature on the pan until starting to smoke, then pour a quarter over the spring onions on each of the fish. Allow the onions to sizzle in the hot oil. Sprinkle the soy sauce over the top. Serve the trout and juices with noodles and stir fried vegetables. **Serves 4**

Cheese Bake Goatsbridge Trout

Ingredients

4 Goatsbridge Trout Fillets
1/3 cup of lemon juice
Pinch of salt & pepper
1/3 teaspoon of thyme
1/3 lb of your favourite cheese
1/3 cup of bread crumbs & 1/3 cup of melted butter

Method:

Place the Goatsbridge Trout in a shallow baking dish, pour the lemon juice over them and sprinkle with salt, pepper and thyme. Bake uncovered in an oven at 190°C for 20 minutes. Mix the bread crumbs and cheese. Sprinkle the Goatsbridge Trout with the mixture and pour on the melted butter. Cook for a further 10 minutes or until the trout begins to flake. **Serves 4**

Goatsbridge Trout Fillets with Almond Sauce

Ingredients

4 Goatsbridge Trout Fillets
Pinch of salt and freshly ground black pepper
Pinch of ground cumin
Grated rind and juice of 1 lemon
1 tablespoon sunflower oil
3/4 cup of fruity white wine
5/8 cup of ground almonds
3/4 cup of fromage frais
Watercress
Lemon wedges

Method:

Season the trout flesh with some salt, pepper and a pinch of ground cumin. Then add half of the lemon rind and juice. Leave for 2 hours. Heat the oil in a frying pan and fry the fillets for 3 minutes on each side. Put on a dish and keep warm. Add the wine to the frying pan and heat until it simmers. Remove from the heat and stir in the almonds, fromage frais and remaining grated lemon rind. Stir at a low temperature for 5 minutes. Remove from the heat and whisk in the remaining lemon juice. Pour over the trout fillets and serve with watercress and lemon wedges. **Serves 4**

Baked Goatsbridge Trout

Ingredients

4 gutted Goatsbridge Trout
2 lemons
A few pats of butter
Pepper

Method:

Wash and pat dry the Goatsbridge Trout and place on tin foil. Slice the lemon and place in the body cavity. Spread on a pat of butter and sprinkle on some pepper. Close tin foil securely. Cook at 175°C for 30 minutes or until the trout begins to flake. **Serves 4**

TIP

Flavours in fats can be transferred to the taste of the trout. The best fats to use are butter or mild favoured oils such as corn oil.



Goatsbridge Chowder

Ingredients

3 Goatsbridge fillets of Trout
 4 large chopped potatoes
 1 shredded onion
 2 diced carrots
 3 large cups of milk
 A pinch of salt
 Knob of Butter
 Chopped parsley

Method:

Place the potatoes, onion, carrots and a pinch of salt in a saucepan with enough water to cover them. Simmer until tender. Cut the boned Goatsbridge Trout fillets into small pieces and add with the milk and butter. Simmer until the trout flakes easily. Sprinkle with parsley and serve with homemade brown bread. **Serves 4**

Gourmet Goatsbridge Trout

Ingredients

4 Goatsbridge Trout
 1 cup of sliced mushrooms
 1 medium onion chopped
 2 tablespoons of dry white wine/sherry
 2 teaspoons of lemon juice
 Pinch of Salt & Pepper
 Flour
 Knob of butter

Method:

Season the Goatsbridge Trout fillets with salt and pepper and coat in flour. Add the butter to the pan and fry the trout for 4 minutes on each side. Remove the trout and keep it warm. Add more butter to the pan and cook the mushrooms and onions under a high temperature until they are tender. Stir in the dry white wine and lemon juice. Pour over the trout and serve with a green salad.

Serves 4

Ballotine of Goatsbridge Trout, Horseradish Potato Salad & Cucumber Gazpacho

Provided by award winning chef, Garrett Byrne of Campagne, 5 The Arches, Gashouse Lane, Kilkenny

Ingredients

2 large fillets of Goatsbridge Trout
 100gr dill
 100gr sugar
 100gr sea salt
 100ml brandy
 4 leaves of gelatine

Method:

With a tweezers remove the small bones from the Goatsbridge Trout Fillets and remove the skin. Cut each fillet lengthways down the fillets so you now have 4 thin fillets. Liquidise the dill, sugar, salt and brandy for one minute. Pour half the dill mixture into a tray, place the fish fillets on top and then pour the rest of the marinade over the top. Leave in the fridge for at least 6 hours, then wash off the marinade under cold running water to remove the excess salt. Lay a sheet of cling film on the bench slightly longer than the trout fillets and place one of the fillets on the cling film. Cut one of the sheets of gelatine with a scissors the same width as each trout fillet and place on top, so the gelatine is covering the flesh. Place the next fillet on top and then roll up the cling film into a sausage shape. Repeat with the other trout fillets. Bring a pot of water to 65°C and place the wrapped up trout in the water for 10 minutes. Remove and place into iced water. Allow to chill for at least 1 hour, then remove from the water and place in the fridge overnight. The next day, remove the cling film and slice into 6 equal portions.

Serves 4 - 6

TIP

When cooking trout, leave it alone! Let it cook undisturbed for a few minutes before you touch it. It will develop a nice crust and will release easily when it's ready to be turned.