

# Trout (Italian)

6 Trout

½ Cup olive oil

1 Clove garlic, chopped

2 to 3 Sprigs parsley, finely chopped

1 Sprig rosemary, finely chopped

1 Teaspoon oregano, finely chopped

1 Small carrot, finely chopped

Salt and pepper

4 Cups Vernaccia wine

Clean the trout, wash and pat dry. Heat the oil in a pan large enough to take all the trout at one time. Add garlic, herbs and carrots and simmer over a low heat until the carrots are soft. Lay the trout on top and season to taste with salt and pepper. Cover completely with Vernaccia wine and cook over a medium heat until the wine has evaporated. Serve the trout very hot, straight from the pan.