DIRECT · EASY

Grilled Navarre-Style Trout on the Kamado, Stuffed with Ham

Classic trucha a la navarra is fried. This version goes over direct fire at 250 °C: toasted, crisp skin, serrano ham inside and 10-12 minutes on the grate. It fits a Tuesday-night dinner.



PREP	COOK	SERVINGS	TEMPERATURE
20 min	**15 min**	**3**	**250 °C**

Ingredients

- **3 ud** portion-sized rainbow trout (300-350 g each), cleaned, whole, head and bone in
- **30 ml** extra virgin olive oil for the skin
- **2 ud** garlic cloves, very finely chopped
- **2 ud** lemons (one for the dressing and one cut into wedges to serve)
- **1 pizca** freshly ground black pepper
- **135 g** serrano ham (jamón serrano) in thin slices (9 slices: 6 for stuffing and 3 for crisping)
- **60 ml** extra virgin olive oil for the dressing
- **15 g** fresh parsley, chopped
- **1 cdita** fine salt (go easy: the ham is already salty)

Method

1 LIGHT FOR DIRECT COOKING

Fill the firebox with Jealous Devil charcoal. With a firelighter, light one spot, leave the lid open until you see live embers and close it with the vents open. On the Konnected Joe you can use its automatic igniter, which works with the dome closed and the vents open, according to the maker. With no deflector and the grate in its normal position, when the dome thermometer reads 250 °C adjust the vents to hold it and let the grate heat for at least 10 minutes more.

2 DRY AND SEASON

While the kamado climbs, dry the trout with kitchen paper outside and inside the belly: damp skin is the skin that sticks. Season the cavity with a pinch of salt and pepper, and go light on the salt because the ham already brings plenty. Do not slash the skin: on a 300-350 g trout the heat reaches the centre without cuts, and cuts are where the skin tears when you turn it.

3 STUFF WITH HAM

Fold two slices of serrano ham lengthways and tuck them into the belly of each trout, well inside, so none pokes out over the edge: ham left outside burns over the embers. Close the belly by pressing with your hand. If it gapes too much, pin it with a wooden cocktail stick soaked for 10 minutes in water. Keep the three remaining slices for the end.

4 MAKE THE DRESSING

Before the trout goes into the kamado, get the dressing ready, because everything moves fast afterwards. In a bowl, mix the very finely chopped garlic, the parsley, the zest and juice of one lemon, the 60 ml of oil and a pinch of salt. Cut the other lemon into wedges. Have the thermometer, the spatula, the gloves and a warm serving dish within reach.

5 ONTO THE GRATE

Open the kamado with burping: lift the lid about 5 cm, wait about 5 seconds and then open it fully, wearing gloves and keeping your face turned away. Brush the grate. Brush the trout skin with the 30 ml of oil, salt it on the outside and lay the fish diagonally across the bars, apart from each other. On a 46 cm grate three fit comfortably. Close the lid.

6 FIRST SIDE, UNTOUCHED

Leave the trout for 5-6 minutes with the lid closed and the vents as they were, at 250 °C. Do not move it or lift it to look. After that time, open with burping and slide the spatula under the skin along the back. If it comes away clean, it is ready to turn; if it resists, close the lid and give it another minute: toasted skin lets go by itself.

7 TURN AND PROBE

Wearing a glove, slide the La Cuisine spatula in along the back, not the belly, so the filling stays put, and turn the trout while steadying it from above with the other hand. Close the lid and count 4-5 minutes. Open with burping and push the DOQAUS into the thickest part of the back, next to the bone, without touching the bone or the ham. Take it off at 60 °C.

8 CRISP HAM AND SERVE

With the trout already on the dish, lay the three reserved slices of ham on the hot grate for 20-30 seconds each side, until they are no longer soft and start to curl. After a minute's cooling they turn crisp. Remove the cocktail sticks, spoon the garlic, parsley and lemon dressing over each trout, top with a crisped slice and serve with the lemon wedges.

Editor's tips

- Oil the skin of the fish, not the grate: oil falling on bars at 250 °C smokes, burns and can flare, whereas the oil on the skin helps it brown and release.
- If dripping oil raises flames, close the lid: with the dome shut, air only comes in through the vents and the flames die down; if they persist, close the bottom vent a little and open again with burping. Do not cook with the lid half open to watch them: that feeds the fire and exposes you to a flare-up when you open it.
- Filleted trout is not suited to this technique: with no bone and the flesh exposed, it breaks apart on the bars. If that is what you have, grill it skin side down on a plancha, as with the butterflied dorada.
- For more than three diners, cook two batches instead of squeezing four trout onto a 46 cm grate. If they touch, they steam at the sides and the skin there does not toast.

Gear for this recipe

Kamado Joe Konnected Joe

A portion trout cooked direct calls for a big, hot grate, not a fan. The 46 cm Konnected Joe has room for three trout of 31-32 cm without them touching, and its ceramic, soaked with heat, helps the chamber recover as soon as you close the lid after turning them. Its automatic igniter can light the charcoal and save you the firelighter, but the fan is not needed for twelve minutes on the grate: you cook in what the maker calls Classic Cook Mode, with the top and bottom vents, just as on any kamado of that size. In other words, this recipe does not need its electronics; it makes use of the ceramic and the diameter.

mikamado.es/en/kamados/kamado-joe-konnected-joe

Jealous Devil 100% White Quebracho lump charcoal 15.8 kg

To hold 250 °C with the vents part open, air has to pass between the embers without ash blocking the intake. Jealous Devil is Paraguayan white quebracho lump in big pieces, and the maker describes it as very low in ash and very mild in flavour, suited to fish as well. It is not an odourless fuel: it leaves a discreet toasty background that, over twelve minutes on the grill, accompanies the ham without covering it, as the guide to woods for smoking in a kamado explains. With the firebox full, whatever does not burn in these twelve minutes goes out when you close the vents and is saved for the next cook. The biggest pieces are best broken up so the bed under the grate is even.

mikamado.es/en/accesorios/jealous-devil-quebracho-lump-charcoal

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La Cuisine Spatola a fessura: slotted stainless fish slice, 28 cm

The turn is the moment a whole trout breaks or stays stuck. The slotted fish spatula from La Cuisine has a thin, bevelled 16 cm blade that slides under toasted skin without tearing it and supports the middle of the back of a portion trout; with your other hand steadying it from above, the fish turns in one piece and the ham stays in the belly. The slots let oil drain away rather than dragging it across the skin. It measures 28 cm overall, so it is short for working over live embers at 250 °C: always use it with a glove and with your hand above the fish, not over the charcoal.

mikamado.es/en/accesorios/la-cuisine-espatula-pescado-ranurada

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DOQAUS instant-read thermometer, folding probe, 3-second read

Between 55 and 60 °C trout is juicy; a few degrees more and it dries out, because it is a thin fish with little margin. An instant thermometer such as the DOQAUS settles the question at the back, next to the bone, without having to open the trout. Here it comes off at 60 °C, the top of the range: next to the bone and with the ham inside, that is the last part to cook. If it is river (wild) trout, hold it a minute longer at 60 °C, the AESAN (Spanish food safety agency) reference against anisakis.

mikamado.es/en/accesorios/doqaus-termometro-instantaneo-plegable

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Full recipe at: mikamado.es/en/recetas/trucha-navarra-jamon-brasa-kamado

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