

Note: The trout recipe was adapted from the pork recipe below.

Steelhead Trout with Mango-Mustard Rosemary Glaze

Ingredients:

2-3 lb Steelhead Trout fillet – all bones removed and skin still on
1 ripe mango or other fruit you enjoy
½ cup dry white wine
¾ cup packed dark brown sugar
1 lemon
4 sprigs of fresh rosemary
3 tbsp whole-grain mustard
Tabasco habanero sauce
Salt

Preparation:

- Remove lemon zest and set aside.
- Peel mango and seed. Puree mango, wine, sugar, juice of lemon and mustard until smooth.
- Add puree, lemon zest and the rosemary to sauce pan and simmer about 10 minutes.
- Meanwhile, heat grilling surface fairly hot (400 – 450F).
- Lightly salt and add pepper sauce to meat side of fillet
- Paint sauce on non-skin side of fillet and place fillet, skin side down, onto the grill and cook fairly hot for 3 - 4 minutes until the glaze starts to blacken.
- Flip the fillet and paint the non-skin side again. Continue cooking until the fish looks about half cooked but is firm enough to flip again.
- Flip and sear sauce again, flip back onto skin side.
- Keep cooking until fish almost flakes. (medium rare)
- Plate and serve with crackers.

The two keys to grilling this fish is to have the grill hot enough to partially sear the sauce, and don't cook it too much. The fish is very mild when medium rare, but strong well done.