



Steelhead Trout with Lemon-Pecan Buttered Breadcrumbs

Ingredients:

2 Tbsp butter
1 tsp fresh lemon zest, chopped
1/4 cup pecans, chopped
1/2 cup fresh breadcrumbs
Salt
Black pepper, freshly ground
1/2 tsp Dijon mustard
2 5-oz steelhead trout fillets

Directions:

Preheat oven to 400°F.

Heat a skillet over low to medium-low heat. Add butter and let it melt. Once melted, add the lemon zest, pecans, breadcrumbs, and season with salt and pepper.

Cook, stirring or shaking the skillet often, for about 6 minutes or until the breadcrumbs just start to toast a little. Remove the crumbs from the heat and let them cool slightly.

Place the fish fillets on a nonstick baking sheet and season them with salt and pepper. Brush the fish lightly with the Dijon mustard and then press the breadcrumb mixture onto the fillets.

Transfer the fish to the oven and bake for 6–8 minutes or until the fish is firm to the touch and the breadcrumbs are lightly browned. Serves 2.

Recipe provided by Meredith Laurence.



Steelhead Trout with Pea Mint Sauce

Ingredients:

1 cup fresh or frozen peas, thawed
2 Tbsp packed fresh mint leaves, chopped
1/4 cup heavy cream
1/4 cup chicken stock
Fresh lemon juice
Salt
Black pepper, freshly ground
2 5-oz steelhead trout fillets

Directions:

Preheat oven to 400°F.

Bring a small saucepan of salted water to the boil. Blanch the fresh peas for 5 minutes or the frozen peas for 1 minute.

Drain and transfer the peas to a blender or food processor. Purée the peas with the mint, heavy cream, and chicken stock. Season to taste with a squeeze of lemon juice, salt, and pepper. Return the purée to the small saucepan and reheat it slightly just before you plate the trout.



Preheat an oven-safe skillet over medium-high heat. Add the olive oil, season the steelhead trout with salt and pepper, and sear the fillets for 1 minute on one side. Flip the fillets over and transfer the skillet to the oven and continue to cook for 5 minutes.

Serve the steelhead trout on top of the pea mint sauce or lightly pour over the top. Serves 2.

Recipe provided by Meredith Laurence.



Steelhead Trout with Cucumber Yogurt Dill Sauce

Ingredients:

- 1/2 cup cucumber, diced
- 1/4 cup sour cream
- 1/4 cup yogurt
- 1 Tbsp fresh dill, chopped
- 1 tsp lemon juice
- Black pepper, freshly ground
- Salt
- 1 pinch ground cayenne pepper
- Olive oil
- 2 5-oz steelhead trout fillets

Directions:

Preheat oven to 400°F.



Place the cucumber in a colander in the sink or over a bowl and sprinkle with salt (to taste). Let the cucumber sit for about 15 minutes. Rinse and dry well.

Make the cucumber yogurt dill sauce by combining the cucumber with sour cream, yogurt, dill, lemon juice, salt (to taste), and cayenne pepper. Set aside.

Preheat an oven-safe skillet over medium-high heat. Add the olive oil, season the steelhead trout with salt and pepper, and sear the fillets for 2 minutes on one side.

Flip the fillets over and transfer the skillet to the oven and continue to cook for 6 minutes. Serve the steelhead trout with the cucumber yogurt dill sauce over the top. Serves 2.

Recipe provided by Meredith Laurence.

