

GRILLED STEELHEAD TROUT

As a nice alternative to salmon, try steelhead trout. The fillets are usually thinner than most salmon fillets, so I find they cook more evenly on the grill. Here's a simple recipe that comes together in no time. It's a great last-minute dish for those lazy summer days.

INGREDIENTS (serves 2)

1 lb steelhead fish, filleted

3 tablespoons soy sauce

3 tablespoons maple syrup

2 teaspoons Dijon mustard

1 garlic clove, minced.

Salt and pepper

Olive oil

PREPARATION

Season the fish with salt and pepper. In a small bowl, combine the soy sauce, maple syrup, mustard and garlic. Mix well.

Place fish in a large Ziploc bag. Pour in marinade and seal bag. Massage marinade around fish and place in refrigerator for 2-4 hours.

Oil grill racks. Preheat grill to 375 degrees. Place trout skin side down on grill, direct heat for 4 minutes. Keep an eye on it, because the skin may catch fire. If so, using a spatula, just move piece to indirect side. Flip, and cook on direct heat for an additional 4 minutes. (If you like your fish more well done, maybe add a minute on each side.)

Serve with coleslaw, rice or your favorite side dish.