

Honey Lager, Mustard Glazed Steelhead Trout

1 side Steelhead trout
1/2 pint (227 ml) honey brown lager
1/4 cup (62.5 ml) honey
4 tbsp (60 ml) mustard powder
salt and pepper to taste

Blend beer, mustard, honey and seasoning together in a bowl. Chill for 20 minutes.

Prepare your barbeque and bring to medium high heat. Place a griddle iron over the grill to get hot.

Set aside some of the beer, mustard and honey mixture to use as a dressing later. Use the remainder of the mixture to baste the fillet.

Place directly onto the oiled surface of your hot griddle iron, skin side down. Close the barbeque lid.

Turn down to medium low heat. Leave the fillet to slow cook for 15-20 minutes.

Remove from heat and peel off the skin. Flake over mixed green leaves or arugula (mustard greens). Dress with the saved beer, mustard and honey mixture.

Per Serving (111g):

Calories	177.0
Protein (g)	7.6
Carb (g)	23.0
Fibre (g)	0.5
Sugar (g)	17.6
Fat (g)	4.8
Saturated Fat (g)	0.25
Trans Fat (g)	0.00
Cholesterol (mg)	12.6
Sodium (mg)	14.0



Serves 4

Steelhead Trout with Asian Mustard Dip

1 lb. (500 g)	boneless, skinless Steelhead trout
2 tbsp (25 ml)	honey
1 tbsp (15 ml)	soya sauce
1 tbsp (15 ml)	dry mustard
1 tbsp (15 ml)	cooking oil
1/2 tsp (2 ml)	sesame oil
2 cloves	garlic, crushed
2 tsp (10 ml)	toasted sesame seeds, garnish
1/3 cup (75 ml)	light mayonnaise
1 tsp (5 ml)	dry mustard
1 tsp (5 ml)	red wine vinegar
1 tsp (5 ml)	soya sauce
	few drops sesame oil

- Heat oven to 450F (220C) degrees.
- Cut trout into approximately 1-1/4" (3 cm) cubes.
- In a glass bowl combine honey, 1 tbsp soya sauce, 1 tbsp dry mustard, 1 tbsp cooking oil, 1/2 tsp sesame oil and garlic. Mix well.
- Add trout and gently stir to coat.
- Cover and refrigerate 4–24 hours.
- To make the dip, whisk together in a small bowl, mayonnaise, 1 tsp dry mustard, vinegar, 1 tsp soya sauce and a few drops sesame oil. Cover and refrigerate.
- Line baking sheet with foil and lightly spray with non-stick cooking spray.
 - Place trout cubes on foil. Bake 5-7 minutes until opaque all the way through.
 - Do not overcook. Let rest 10 minutes.
 - Arrange cubes on serving plate, sprinkle with sesame seeds and serve with mustard dip.



Serves 8 (makes 32 pieces)

This recipe could also serve as a meal. Prepare 1 lb/500 g of trout by dividing equally into 3 portions. Marinate and bake until flesh flakes easily, about 10-12 minutes.

Per Serving (85g):

Calories	169.0
Protein (g)	14.0
Carbohydrate (g)	5.5
Fibre (g)	.1
Sugar (g)	4.3
Fat (g)	10.0
Saturated Fat (g)	1.4
Trans Fat (g)	0.0
Cholesterol (mg)	39.3
Sodium (mg)	325.0



SASK MUSTARD

SASKATCHEWAN MUSTARD DEVELOPMENT COMMISSION