



Servings 4

Prep Time 20 min

Cooking Time 15 min

Grilled Honey-Ginger Lake Trout



Directions

Step 1

Prepare grill and heat to 350 to 400 degrees Fahrenheit.

In a bowl, whisk together melted butter, mustard, soy sauce, sesame oil, minced garlic, ginger, honey, ½ teaspoon of kosher salt, cracked pepper, and red pepper flakes.

Step 2

Rinse lake trout fillets with cold water and pat completely dry. Brush oil on skin side and lightly season with salt and pepper.

Step 3

Brush the flesh side generously with the honey-ginger sauce. Brush halved lemons with oil.

Step 4

When hot, clean grill grates—make sure there are no burnt bits of food to prevent sticking. Lightly brush clean grates with oil. Lay the fish skin side down and the lemon halves onto the hot grill. Close the lid and cook for 10-15 minutes, or until fish is cooked through and lemons are charred. Baste the fish with more sauce halfway through cooking.

Cut fish into serving-size pieces and serve immediately with a squeeze of charred lemon.

Ingredients

2 lake trout fillets

2 tablespoons of butter, melted

1 tablespoon of coarse ground/whole mustard

2 tablespoons of soy sauce

1 teaspoon of toasted sesame oil

3 cloves of garlic, minced

1 tablespoon of fresh ginger, minced

4 tablespoons of honey

½ teaspoon of kosher salt, plus extra

Freshly cracked pepper, to taste

Red pepper flakes, to taste

2 lemons, halved

Vegetable oil

