



Servings 4

Prep Time 15 min

Cooking Time 10 min

Grilled Steelhead Trout with Mint Compound Butter



Directions

Step 1

To make the compound butter, mix together softened butter, mint, lime zest, lime juice and a pinch of salt and pepper. Spoon mixture onto a sheet of plastic wrap, form into a log and twist the ends closed. Place in the refrigerator to firm.

Step 2

Rinse trout fillets under cold water and pat dry with paper towels. Brush olive oil all over the fillets, and then sprinkle salt, pepper and herbes de Provence on the flesh side.

Step 3

Prepare grill for medium high, direct heat cooking. Once hot, clean the grates thoroughly and coat with oil. Lay the fish flesh-side down first and cook for about 4 minutes, or until you see good color and the fish can be easily—but carefully—released with a spatula. Flip and cook the skin side for an additional 1-2 minutes or until the fish is cooked through.

Step 4

Cut the compound butter into coins and serve on top of hot fish. Pictured, grilled steelhead trout is served on top of a salad of lettuce, dandelion greens, blueberries, strawberries, sliced radishes, blue cheese crumbles, candied walnuts and balsamic vinaigrette.

Ingredients

2 steelhead trout fillets

Kosher salt, to taste

Freshly cracked pepper, to taste

Herbes de Provence, to taste

Olive oil for brushing

6 tablespoons of softened butter

2 tablespoons of freshly minced mint

Grated zest of 1 lime

2 teaspoons of lime juice

