

Canadian Rainbow Trout

All things being equal, consuming more fish means better health, period. Fish is the best source of Omega 3's DHA, statistically proven to improve your health – and your smarts! Here's a simple recipe that will feed 4 that takes 15 minutes from start to finish.

What you'll need:

- Northern Ontario Rainbow Trout: 1 large fillet or two medium
- Canadian Club Honey Smoked BBQ Sauce: 1 TBSP
- Balsamic Vinegar: 1 TBSP
- Ground Pepper: To taste
- Extra Virgin olive oil: 1 TBSP
- Maple Syrup: 1 tsp
- Capers: 1 tsp
- Aluminum foil (optional)*

What you'll do:

1. Make sure grill is clean and 'prepared' with a little olive oil
2. Start BBQ and bring up to medium temperature
3. Give the fish a rinse under cold water and put on cutting board skin down
4. In a small mixing bowl, add ingredients (not the foil!) and mix together until smooth
5. Using a BBQ brush, brush marinade onto fish, then pour on the remainder (including capers)
6. Place fish directly on grill, skin side down
7. Cook, without turning, until fish flakes easily with a fork, about 10 minutes
8. Separate fish from skin to serve
9. * Aluminum Foil: another way of cooking fish is in foil: tear off a piece of thick aluminum foil big enough to wrap the Rainbow Trout. Spread on counter, pour 2 TBSPs olive oil onto foil where fish will lie, place fish skin side down and brush on marinade. Close loosely and place on the grill for about 10 minutes. To check, remove from grill, carefully open the foil (steam!); fish will flake easily when cooked.