

Easy Grilled Rainbow Trout



Here's a simple recipe that will feed 4 and only takes about 15 minutes from start to finish.

4 x 8 oz portion fresh Ontario farm-raised trout fillet
Pure maple syrup
Lemon pepper
Sea salt
Olive oil

Make sure the grill is cleaned and 'prepared' with a little olive oil. Start the BBQ and bring up to medium temperature.

Rinse trout fillets under cold water and place on cutting board skin side down. Season the trout with sea salt and lemon pepper. In a small bowl, mix together olive oil and maple syrup until smooth; pour over fillets.

Place fish directly on grill, skin side down. Cook, without turning, until trout flakes easily with a fork (about 10 minutes). Separate fish from skin to serve.

You can also cook this in aluminum foil. Place trout skin side down on the foil. Season the trout and brush on marinade. Close foil loosely and place on grill for about 10 minutes. Fish is ready when it flakes easily with a fork. Skin will stick to foil – just remove skinless, boneless fillet with spatula and serve.

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