

## Trout (Fish & Seafood)

**Interesting facts:** These fish inhabit cold streams and rivers, while some subspecies spend part of their life in the ocean. They live on a gravelly bottom with enough vegetation that provides shelter. Rainbow trout are popular game fish. Some rainbow trout spend part of their life in the ocean. They are called steelhead trout. Their body is almost entirely silver. Color of the flesh depends on the habitat and nutrition. It can be white, pink, orange or dark red in color.

**How to select:** Due to many contaminants in most of our streams wild caught trout is not healthy. Look for sustainably harvested from reputable sources or avoid.

**How to clean and store:** Refrigeration. Before refrigerating a fish, wash it in cold water and dry it with a clean cloth or paper towels. Then wrap the clean fish in waxed paper, plastic wrap or aluminum foil, and store it on ice or in the refrigerator. You can usually store a fish in the refrigerator for up to two days.

**How to prepare and cook:** Grilled, Smoked

**Grilled:** Preheat your grill to medium high heat. Then take your whole fish and sprinkle the cavity quite liberally with salt and pepper, then stuff it with a bunch of fresh herbs, such as thyme, oregano, dill, rosemary, marjoram or even fennel. Then, you can add a few slices of lemon, lime or even oranges, a few cloves of garlic, a few slices of onion. Once it is stuffed close it and brush it with olive oil and sprinkle salt and pepper on the skin. Place it on the grill and close the lid. When the fish is cooked on the one side about 5-10 minutes carefully turn it over to the other side and cook another 5-10 minutes.

**Smoked:** Brine the trout in  $\frac{1}{2}$  cup salt and water over night. Next day take the trout out and dry it off. If you have a smoker the trout goes in for 1 hour. If you are using coals they must be very hot with no flare ups. Place the trout to the side not directly over the coals and place the lid on for 1 hour.