



Steelhead Trout with Spice Crust

2 lbs Steelhead Trout filets (4 filets)
2 tbl whole mustard seed
2 tbl whole cumin seed
2 tbl black peppercorns
½ tsp tamarind
½ tsp garlic powder
Salt
1 tsp olive oil

Steelhead Trout is actually an ocean-going version of Rainbow Trout. It's a great sport fish, and delicious to eat.

Preparation

1. Combine mustard seed, cumin seed and peppercorns in spice grinder or mortar and pestle. Grind until seeds have broken into small pieces, but are not yet a fine powder. Add in the tamarind, garlic powder and salt (to taste), and mix thoroughly.

Preheat the oven on broil.

2. Place the filets skin-side down on a broiler pan that has been prepared with the olive oil. Sprinkle the spice mixture on the filets, but go easy with it. You want the spices to toast and get crunchy, but you don't want a solid crust or you might lose the wonderful texture of the fish. Broil without turning for no more than 10 minutes. A bit less time if the filets are less than ½ inch thick.

Yields 4 servings.

Any of the Benovia Winery Pinot Noirs will complement this dish. Recipe developed Nov 08 by Larry. Enjoy!