



Broiled Steelhead Trout with Horseradish Sauce

1 2 to 3-pound steelhead trout fillet
6 tablespoons extra virgin olive oil
1 tablespoon fresh lemon juice
4 teaspoons white wine vinegar
4 teaspoons Dijon mustard
4 teaspoons prepared horseradish
2 teaspoons dried thyme leaves
Salt and pepper to taste

Preheat broiler. Place a baking pan in the broiler to preheat. While pan is preheating, make the sauce by whisking together the olive oil and next five ingredients. Add salt and pepper to taste. Carefully remove pan from boiler; coat with cooking spray. Place fish, skin side down, on hot baking pan; season with salt and pepper. Pour half of the sauce over the salmon. Broil until fish is just cooked through, about 5-7 minutes. Serve with remaining sauce drizzled over the fish. Serves 4-6.

Note: If you're squeamish about eating fish with the skin, here's a trick. Preheat the pan under the broiler before placing the fish in it. When the pan is nice and hot, add the fish skin side down. No need to flip it during cooking. The fillets are thin enough to cook through without flaking away to oblivion. When the fish is done, the flesh will very easily slide off of the skin. You can also prepare this recipe on the grill. Simply place the fish on a hot grate, skin side down, until done. This cooking method will produce a crispier skin, which I find quite appealing.