



STEELHEAD (TROUT) SHORE LUNCH

(Ingredients listed are based on a 4 lb. fish)

1 medium sweet onion (diced)

4-6 medium sized tomatoes (diced)

8 oz. green olives or Kalamata olives (diced)

Soy sauce (optional)

1 lemon (sliced)

1 tsp. capers (crushed)

Salt and pepper to taste

Olive oil

Mix vegetables and seasonings in large bowl. Taste to see if it is to your liking. Set aside.

Clean and scale fish. To scale fish, hold cleaned fish under running water and run blade of knife against (opposite direction the scales lay) the scales.

Heat grill so grates are hot. Rub olive oil on cleaned, scaled fish. Put fish directly on grill to sear both sides (not to cook).

Using 2-3 layers of heavy duty aluminum foil, tear off enough to be able to wrap completely around stuffed fish and to fold over ends to seal. Place seared fish in center of heavy duty aluminum foil. Take vegetable mixture and stuff fish. Put remaining vegetable mixture on top of fish. Pull edges of all foil layers up around the fish and vegetables and fold over on top and sides to seal. Make sure foil is sealed well! Place on grill on medium heat. Cook 10 minutes. Flip entire foil package of fish and vegetables over to other side, being careful not to have folds come open. Cook approximately another 10 minutes. Fish is done when flakey. BE CAREFUL when opening foil – Steam will be EXTREMELY HOT and can burn you.

This recipe is great as an appetizer or as a main course.

Easy enough to do at home, or to take with you for your own shore lunch or picnic. Vegetables can be prepared ahead of time and placed in container in cooler to take with you once you've caught your fish. Throw your heavy duty aluminum foil and olive oil in a backpack with some plates and utensils and head for the river.

Always be mindful of the footprint you leave on nature. Carry In, Carry Out! Make sure if you are not cooking on a grill, to heed any fire warnings for open fires in your area, before making one.

Wild Heart MUSTANGS™