

- Easy No Sweat Recipe -

Little Cleo Broiled Steelhead

As a nod to all our avid fishing men and women friends, we named this recipe after the Little Cleo casting spoon lure. This incredibly easy method to cook fish - broiling - will simply WOW every time.

Serves 4 people

One steelhead trout fillet or salmon fillet, skin-on
about 1 heaping tbsp Dijon mustard

Rusty Sled Use-it-with-Everything Blend

1. Preheat oven broiler.
2. Line a cookie sheet with aluminium foil. Grease the foil well.
3. Wash the fish and dry with paper towel.
4. Lay the fish, flesh side up (skin side down), on the cookie sheet and brush with the dijon mustard. Sprinkle over the **Rusty Sled**.
5. Move the oven rack so it's about 6 inches from the broiler element (if the rack is too close to the broiler, the fish will burn). Place the cookie sheet with the fish in the oven and broil about 9 minutes per inch thickness. Remove the fish just before it is completely cooked through (the fish will continue to cook after it comes out of the oven).
6. Carefully remove the fish to a serving plater and serve hot. Delicious also served cold.



Kitchen Hero Tip!



For something a bit different, change the dijon for mayonnaise, or even a nice basil pesto.

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