

Trout with roasted vegetables and low bush cranberry relish

A quick marinade adds flavour to lean fish such as trout or whitefish. In this recipe, fish is marinated and served with seasoned vegetables and Indigenous-inspired low bush cranberry relish.



PREP TIME
3 hours



COOK TIME
30 min



SERVINGS
4

Ingredients

Ingredients for fish

- 10 mL (2 tsp) Dijon mustard
- 30 mL (2 tbsp) maple syrup
- 2 mL (½ tsp) Worcestershire sauce
- 15 mL (1 tbsp) olive oil
- 5 mL (1 tsp) garlic powder
- 2 mL (½ tsp) dried thyme
- 4 fresh trout fillets (about 700 g)
- 3 potatoes, cut into thin wedges
- 500 mL (2 cups) broccoli
- 1 onion, diced
- 1 bell pepper, diced

Ingredients for relish

- 250 mL (1 cup) low bush cranberries
- 125 mL (½ cup) water
- 15 mL (1 tbsp) white vinegar
- 1 mL (¼ tsp) ground sage
- 125 mL (½ cup) raisins, chopped

Tips

- ✓ If you don't have white vinegar, try using red wine vinegar or apple cider vinegar.
- ✓ Store leftover fish for up to 2 days in the refrigerator.
- ✓ Remember, a little salt goes a long way. Taste the food before adding any salt.



Trout with roasted vegetables and low bush cranberry relish

Continued



PREP TIME
3 hours



COOK TIME
30 min



SERVINGS
4

Directions

1. In a large bowl or shallow dish, whisk together the mustard, maple syrup and Worcestershire sauce to make the marinade. Add the fish fillets and stir to coat evenly. Marinate for 2 hours in the refrigerator.
2. Preheat the oven to 375 °F (190 °C).
3. In a large bowl, whisk together oil, garlic powder, and thyme. Add the potatoes, broccoli, onion, and bell pepper. Stir to coat.
4. Spread the vegetable mixture on a parchment-lined or lightly greased baking sheet. Bake for 25 minutes, flipping vegetables halfway through cooking.
5. In a medium-sized pot, heat the cranberries, water, vinegar and sage. Simmer the mixture for 10 minutes. Add the raisins and cook for 5 more minutes. Mash lightly with a potato masher or fork. Remove from heat.
6. Heat a lightly-oiled cast iron pan on low heat for 10 minutes. Raise heat to medium-high. Brown fish skin-side down for 4 minutes or until crispy. Turn fish over and cook for 2 to 4 minutes, depending on thickness. Use a **digital food thermometer** to check that the fish has reached an internal temperature of 70 °C (158 °F).
7. Garnish fish with relish and serve with baked vegetables. Salt and pepper to taste.