

Baked Steelhead Trout with Lemon and Dill

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Recipe source: [Olga's Flavor Factory](#), adapted from *Cook's Illustrated*



INGREDIENTS:

- 1 Steelhead Trout or Salmon fillet, about 1-1/4 pounds
- 4 Tablespoons Butter
- 1 Shallot, minced
- 2 Garlic cloves, minced
- 1-2 Tablespoons fresh dill, minced
- Salt, pepper
- 1 Lemon – Use both the zest and the freshly squeezed juice, separated

DIRECTIONS:

- Preheat oven to 450° F. Line a rimmed baking sheet with aluminum foil or parchment paper.
- In a skillet or small saucepan, melt the butter. Add the shallot and cook on medium heat for about 3 minutes, until the shallot softens.
- Add the garlic and the lemon zest, cook for another minute. Cool slightly. Squeeze in half of the lemon juice.
- Place the fish on the prepared baking sheet, skin side down. If it's really big, lay it diagonally across the baking sheet, or cut into smaller segments. Season with salt and pepper.
- Spoon the butter over the fish.
- Sprinkle with half of the minced dill.
- Roast in the oven for 12-17 minutes, depending on the thickness of the fish. (Generally allow 10 minutes per 1 inch of thickness.) Check for doneness by using a fork to gently prick the fish. If it flakes easily, it's ready.
- Transfer fish to serving dish either in one piece (try using several spatulas) or cut into portions.
- Squeeze the other half lemon over the fish and sprinkle with more fresh dill.