

# Steelhead Trout Baked with Maple Glaze

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Source: [Epicurious](#)



## **INGREDIENTS:**

- 3-4 individual fish fillets (@ 4-5 oz each) or 1 large fillet at least 1-inch thick
- ¼ cup butter
- 2 garlic cloves
- 2 tablespoons maple syrup or honey
- 2 tablespoons brown sugar
- 2 tablespoons rice vinegar (cider vinegar may be substituted)
- 2 tablespoons Dijon mustard
- 2 tablespoons soy sauce

## **DIRECTIONS:**

- Season fish fillets with salt and pepper. Place each fillet on a large sheet of foil. Set aside.
- Melt the butter in a small pan over low heat. Whisk in the remaining ingredients. Cook together until the glaze thickens somewhat, about 5 minutes.
- Pour a few spoonfuls of the glaze over the fish and fold the foil into a packet around the fish.
- Preheat the oven to 400° F. (The fish will marinate in the glaze in the packets while the oven comes to temperature.)
- Bake for 10 minutes + 10 minutes for each inch of thickness. So a one inch thick fillet would take for 20 minutes. A fillet that is 1-1/2 inches thick would cook for 25 minutes, and so on. Conversely, if your fillets are thin, as mine were, only about ½-inch thick, then cook the fish for approximately 15 minutes.
- If any glaze is left over, return the pan to low heat on the stove and reduce the glaze to thicken. This will become a finishing sauce for the fish.
- Once fish is done, remove from foil packet, plate and drizzle with the thickened glaze.

*This recipe makes enough glaze for a little more than two pounds of fish.*