

## **Teriyaki Trout with Shallots and Jalapeño**

Scott Gee

This recipe is not too difficult and should appeal to a diverse crowd. Use Tamari instead of soy sauce to make it gluten free.

### **Ingredients (serves 2-4):**

Teriyaki Sauce:

1/4 cup light soy sauce

1/4 cup mirin

1/4 cup brown sugar

2 tablespoons dark soy sauce

2 tablespoons unseasoned rice vinegar

2 teaspoons sesame oil

2 teaspoons fish sauce

1/2 shallot, finely chopped

1" piece of fresh ginger root, peeled and minced

1 large jalapeno, seeded and finely chopped

4 trout fillets, skin on

3 green onions, thinly sliced

2 teaspoons sesame seeds

### **Directions:**

In a small saucepan, bring the sauce ingredients to a boil then simmer for 10 minutes until slightly thickened. Reserve 1/4 cup to be used as a dipping sauce. Add 2 teaspoons of sliced green onions to the dipping sauce. Strain the rest of the sauce through a fine mesh sieve into a bowl to glaze the trout.

Preheat the broiler and position a rack about 6 inches from the heat. Place the trout on a foil lined baking sheet skin side up. Broil for 2 minutes then flip the fillets over, flesh side up. Brush the fish with some of the glaze and broil for 2-5 minutes, brushing twice more, until the sauce is lightly caramelized and the fish flakes easily but is still moist. Try not to overcook it.

Place the trout on a platter and garnish with green onions and sesame seeds. Serve with Japanese rice and the dipping sauce.

