



TEAM FOUR
FOOD SERVICE



Maple Mustard Glazed Rainbow Trout

Yield: 10 servings

Ingredients:

10 Filets	Rainbow trout, 7 oz cut, skin off
To Taste	Salt and fresh ground pepper
3 Tbsp	Light olive oil
½ cup	Whole grain mustard
¼ cup	Good maple syrup
¼ tsp	Allspice
2 Tbsp	Brown sugar, dark

Directions:

1. Rub the rainbow trout with the oil so they are well coated.
2. Season the trout with the salt and pepper all over.
3. In a small mixing bowl, combine the mustard, maple syrup, allspice and brown sugar until smooth.
4. Place the filets onto a greased baking pan and brush the top of each filet with 3 Tbsp of the maple/mustard glaze.
5. Roast the trout in the 400F oven for about 10-12 minutes, until the glaze has set and the fish is cooked through in the center.
6. Serve with some rice and roasted green vegetables.

Recipe and photo courtesy of Kraft Heinz