**Trout in Spicy Peanut-Ginger Sauce**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>whole dressed Ontario Trout (each 12 oz/350 g)</td>
<td>2</td>
</tr>
<tr>
<td>1/2 cup cornstarch</td>
<td>50 mL</td>
</tr>
<tr>
<td>1/4 cup vegetable oil</td>
<td>50 mL</td>
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<tr>
<td><strong>Sauce:</strong></td>
<td></td>
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<tr>
<td>1 tbsp cornstarch</td>
<td>15 mL</td>
</tr>
<tr>
<td>2 tsp brown sugar</td>
<td>10 mL</td>
</tr>
<tr>
<td>1 tsp chicken stock</td>
<td>250 mL</td>
</tr>
<tr>
<td>1/4 cup chill sauce or ketchup</td>
<td>50 mL</td>
</tr>
<tr>
<td>2 tbsp dry sherry</td>
<td>25 mL</td>
</tr>
<tr>
<td>1 tbsp soy sauce</td>
<td>15 mL</td>
</tr>
<tr>
<td>2 tsp ground ginger</td>
<td>10 mL</td>
</tr>
<tr>
<td>3 green onions sliced diagonally</td>
<td>3</td>
</tr>
<tr>
<td>1/2 inch (6mm)</td>
<td></td>
</tr>
<tr>
<td>1 small red pepper, cut in strips</td>
<td>1</td>
</tr>
<tr>
<td>1 small green pepper, cut in strips</td>
<td>1</td>
</tr>
<tr>
<td>1 tsp crushed dried red chilies</td>
<td>5 mL</td>
</tr>
<tr>
<td>1/4 cup peanuts, coarsely chopped</td>
<td>50 mL</td>
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</tbody>
</table>

Wipe outside of fish and inside cavity with paper towels. Trim tail and fins with kitchen scissors, if desired. Dip trout in cornstarch, shaking off excess. Heat oil over medium-high heat in a large, heavy skillet; fry trout in hot oil 2 to 3 minutes each side. Remove and drain on paper towels. Place trout on serving platter and keep warm.

Reserve 2 tbsp (25 mL) of oil in the skillet. In a medium bowl, combine first 7 sauce ingredients; stir and set aside. In skillet, sauté 3 to 4 minutes or until all moisture evaporates. Remove from heat and stir in cooked, drained rice. Reduce 2 tbsp (25 mL) of chicken stock and pour over vegetables. Bring to a boil. Reduce heat to simmer. Cook, stirring for 1 to 2 minutes. Spoon sauce on trout and garnish with green onion curls if desired. Makes 2 servings. Preparation time: 35 minutes. Cooking time: 15 minutes.

To make 4 servings: Double all ingredients in the recipe. Fry 4 trout, two at a time. Keep trout warm on 4 serving plates while preparing sauce. Pour over individual servings. Garnish and serve.

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**Mushroom & Wild Rice Stuffed Trout**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/4 cup water</td>
<td>125 mL</td>
</tr>
<tr>
<td>1 tbsp butter</td>
<td>15 mL</td>
</tr>
<tr>
<td>1/4 cup wild rice</td>
<td>50 mL</td>
</tr>
<tr>
<td>2 tbsp butter</td>
<td>25 mL</td>
</tr>
<tr>
<td>2 tbsp chopped onion</td>
<td>25 mL</td>
</tr>
<tr>
<td>1/4 cup chopped fresh spinach</td>
<td>175 mL</td>
</tr>
<tr>
<td>1/4 cup sliced mushrooms</td>
<td>175 mL</td>
</tr>
<tr>
<td>1 small clove garlic, minced</td>
<td>1</td>
</tr>
<tr>
<td>1/4 tsp dried basil</td>
<td>1 mL</td>
</tr>
<tr>
<td>2 pan dressed Ontario Trout</td>
<td>2</td>
</tr>
</tbody>
</table>

In a small saucepan, bring water and 1 tbsp (15 mL) butter to a boil. Add wild rice, cover and simmer 30 minutes. While rice is cooking, prepare vegetables. In a small skillet, melt 1 tbsp (15 mL) of the butter over medium-high heat. Add the vegetables, garlic and basil, sauté 3 to 4 minutes or until all moisture evaporates. Remove from heat and stir in cooked, drained rice. Wipe inside cavity of fish with paper towels. Carefully stuff cavity of trout with rice mixture and place in foil-lined baking dish. Melt the remaining 1 tbsp (15 mL) of butter and pour over fish. Bake, uncovered, at 450°F (230°C) for 20 to 25 minutes. Note: allow 10 to 12 minutes per inch of thickness (4 to 5 minutes per cm). Makes 2 servings.

Preparation time: 35 minutes. Cooking time: 25 minutes. To microwave: Cook wild rice as instructed above. Cook prepared vegetables and basil in 2 tbsp (25 mL) butter at High 2 minutes. Stir in cooked rice. Stuff trout and place in baking dish just large enough to hold fish. Cook, covered, with vented plastic wrap at High 5 to 6 minutes. Let stand, covered, 3 to 5 minutes to complete the cooking. Microwave cooking time: 10-13 minutes.

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**Ontario Trout Recipes**

**Ontario trout** is immensely appealing – its superb delicate taste, ease of preparation and high nutrient value are just some of the reasons.

Nutrition conscious consumers know that fish is an excellent source of complete protein and omega-3 fatty acids. A 3/4 oz. (98 g) serving of Ontario trout supplies about 40 percent of the daily protein requirement. Trout also contains considerable iron and B vitamins in each low-calorie, low-cholesterol serving. It’s really an ideal food for today’s healthy, active lifestyles!

**Buying**

**Where to buy:**
Ontario is one of Canada’s biggest producers of farm-raised trout. You’ll find Ontario farm-raised trout at local food retailers, farmers’ markets and at the producers’ farm gate.

**Qualities to look for:**
- Mild, pleasant odour; firm, moist flesh; bright, clear eyes; uniform flesh colour

**Market forms of trout:**
- Whole trout: entrails, gills, scales, head and tail present
- Whole dressed: entrails and gills removed
- Pan dressed: entrails, gills, scales, head and tail removed
- Fillets: fish removed from backbone; skin may be removed

**Storing**

- Fresh trout has a slippery protective skin coating. For easier handling, soak in a solution of salt and water for 30 minutes.
- Refrigerate: tightly wrap clean, eviscerated trout in an air-tight covering; use within 2 or 3 days.
- Freeze: wrap as above and store at 0°F (-18°C); use within 3 months.

**Cooking**

Follow this simple rule of thumb:
- Measure trout at thickest part. Cook 10 to 12 minutes for each inch (2.5 cm) of thickness; double time for frozen fish.
- Avoid overcooking trout. It has the best texture and flavour at the point where the flesh has just become opaque and flakes easily with a fork.

**Microwaving**

Microwaving is especially suited to the high temperature and short time required for cooking trout.
- Always thaw trout completely to ensure even cooking.
- Cover fish with plastic wrap, but turn back one corner to allow venting.
- Cook at High for 5 to 6 minutes per lb (450 g) for one whole fish; increase time for a larger number of fish.
- Allow to stand 3 to 5 minutes to complete cooking.

**Ontario Farm-Raised Trout**

Ontario is one of Canada’s biggest producers of farm-raised trout. You’ll find Ontario farm-raised trout at local food retailers, farmers’ markets and at the producers’ farm gate.

**Qualities to look for:**
- Mild, pleasant odour; firm, moist flesh; bright, clear eyes; uniform flesh colour

**Market forms of trout:**
- Whole trout: entrails, gills, scales, head and tail present
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- Pan dressed: entrails, gills, scales, head and tail removed
- Fillets: fish removed from backbone; skin may be removed

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- Fillets: fish removed from backbone; skin may be removed

**Storing**

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- Refrigerate: tightly wrap clean, eviscerated trout in an air-tight covering; use within 2 or 3 days.
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Barbecued Dilled Trout

1. Prepare and stuff fish as instructed above. Cover fish with vented plastic wrap. Cook at High 4 to 5 minutes. Let stand, covered, 5 minutes to complete cooking. 
   
2. To microwave: Prepare and stuff fish as instructed above. Cover fish with vented plastic wrap. Cook at High 4 to 5 minutes. Let stand, covered, 5 minutes to complete cooking. 
   
3. Microwave cooking time: 10 minutes.

Wine-Steamed Trout in Foil

1. Dill Sauce:
   
   1/4 tsp dried basil 1 mL
   2 tbsp red wine vinegar 25 mL
   1/4 cup seasoned croutons 50 mL

2. Sauce:
   
   2 tsp soft butter 10 mL
   2 tsp flour 10 mL
   1/4 cup light cream or milk 75 mL

3. In a small mixing bowl, combine stuffing ingredients. Pat fillets dry. Sprinkle with salt and pepper. Divide stuffing among 4 fillets, roll up and secure with a toothpick. Butter a small baking dish and place fillets showing the filling side up. Bake, uncovered, at 400°F (200°C) for 25 minutes. Serve warm, or cold with yogurt and fresh cucumber slices. Makes 4 servings. Preparation time: 20 minutes. Cooking time: 25 minutes.

4. To make 4 servings: Double all ingredients and divide between 2 pouches.

Vegetable Stuffing:

1/2 cup coarsely chopped greenhouse cucumber 125 mL
1/4 cup coarsely chopped tomato 125 mL
1/2 cup fine bread crumbs 50 mL
2 tbsp finely chopped onion 25 mL
1 tbsp chopped fresh dill weed (OR 1 tsp/5 mL dried dill weed) 15 mL
2 tbsp lemon juice 10 mL

Prepare a foil pouch for trout using 3 large sheets of foil on a baking sheet. Join 2 sheets together by forming a seam lengthwise. Fold seams over tightly to prevent any leakage. Lay the third sheet of foil over the seam.

In a small mixing bowl, combine stuffing ingredients. Pat fillets dry. Sprinkle with salt and pepper. Divide stuffing among 4 fillets, roll up and secure with a toothpick. Butter a small baking dish and place fillets showing the filling side up. Bake, uncovered, at 400°F (200°C) for 25 minutes. Serve warm, or cold with yogurt and fresh cucumber slices. Makes 4 servings. Preparation time: 20 minutes. Cooking time: 25 minutes.

For the barbecue, line grill with vented foil. For broiling, line broiling pan rack with foil. Combine sauce ingredients, stir well and set aside. Wipe outsida of fish and inside cavity with paper towels. Trim tail and fins with kitchen scissors, if desired. Combine flour, salt and pepper. Dip trout in seasoned flour, shaking off excess. Place trout on prepared broiling pan or grill. Dot with butter. Broil 5 inches (15 cm) from heat 3 to 5 minutes. Turn fish. Spread evenly with the prepared sauce. Broil 5 to 5 minutes more or until brown and crispy. Serve on a hot platter, garnished with fresh cucumber slices and dill weed. Note: Cook fish 10 minutes per inch (2.5 cm) of thickness (4 to 5 minutes per cm). Makes 4 servings. Preparation time: 20 minutes. Cooking time: 10 minutes.

Salad

1/2 cups sliced mushrooms 375 mL
2 tbsp red wine vinegar 25 mL
1/2 tsp salt 2 mL
1/4 tsp freshly ground pepper 1 mL
1/4 tsp dried basil 1 mL

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Filleting Trout

1. With a sharp filleting knife, cut through skin and flesh along the centre of the back to the backbone, from tail to head. Cut across the fish below the head.

2. Starting from the head end, run knife between bones and flesh removing flesh from bones in one piece.

3. Turn fish over and repeat as above.

4. To skin fillet, place skin side down, holding tail end. Run knife blade against inner side of skin under the flesh so no flesh is wasted.

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