

Fishin' from the Kitchen

Roasted Steelhead *by Wayne Phillips*

What can best the earthy flavor of portabello mushrooms capped with the rich taste of roasted steelhead smothered in sweet caramelized onions?

Ingredients for four servings:

- ✓ 4-6 ounces boneless, skinless steelhead fillets
- ✓ 4 portabello mushrooms
- ✓ 4 garlic cloves, finely minced
- ✓ 2 sprigs fresh rosemary
- ✓ 2 large yellow cooking or Vidalia onions
- ✓ Extra virgin olive oil
- ✓ Salt and pepper to taste

Procedure

Brush mushrooms and place gill-side up in roasting pan. Sprinkle with minced garlic, salt, pepper and rosemary. Drizzle with extra virgin olive oil. Roast in an oven 350 degrees until mushrooms are soft (about 30 to 45 minutes). Coat steelhead fillets with extra virgin olive oil and season with salt and pepper. When mushrooms are about halfway done, place pan with fish into oven. Roast until fish turns opaque (about 15 to 20



photo-Wayne Phillips

min.). Finely slice onions and sauté in olive oil over medium heat until they are golden and caramelized.

To serve, place a portabello mushroom (gill-side up) on a plate. Top with roasted steelhead. Scatter onions over the fish. Serve with mashed sweet potatoes and steamed broccoli.

Hints

Roasting the mushrooms gill-side up helps concentrate their flavor. As their moisture evaporates, it leaves behind a bolder mushroom flavor. Generously coat the fish fillets with olive oil before roasting. This locks in the fish's flavor and also helps to keep it moist and juicy.