

Cedar Baked Trout with Spicy Sweet Mustard & Roasted Beets

Serves 2

Ingredients:

2 Tbsp Dry mustard powder
2 Tbsp Light brown sugar
1 tsp Water
2 Trout fillets (skin on)
2 Red and yellow beets
Olive Oil
Garlic to taste
Peppercorns to taste
Fresh thyme leaves (garnish)



Directions:

1. Preheat oven to 400°F.
2. Place clean beets, smashed garlic cloves, and peppercorns on a large piece of aluminum foil and season with salt. Drizzle with $\frac{1}{4}$ cup olive oil and wrap up tightly. Place on a baking sheet and roast for 1 hour.
3. In a small bowl, whisk together the brown sugar and mustard powder. Add the water and whisk until a smooth glaze comes together.
4. Place the trout fillets skin side down on a cedar plank; season with salt and generously spoon glaze over top.
5. Place trout in the oven for the last 15 minutes of the beet roasting time.
6. Remove beets from the oven and peel with a paper towel. (Tip: wear latex gloves to avoid staining your fingers!)

To Plate:

1. Slide a spatula between the trout and the skin on the cedar plank. The skin should stick to the cedar plank and release easily from the trout.
2. Arrange the trout on a plate and place roasted beets around the outside. Garnish with fresh thyme leaves and drizzle with extra spicy sweet mustard glaze.