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BROILED STEELHEAD WITH ROSEMARY, LEMON AND GARLIC

From Kitchen Genius

Ingredients

- 1 lb steelhead fillet, with or without skin
- 1 clove garlic, chopped fine
- 1 1/2 tablespoons coarsely chopped fresh rosemary
- 1 lemon, zest of
- 1/2 lemon, juice of
- 1/4 teaspoon salt
- 1/2 teaspoon fresh ground pepper
- 1 tablespoon olive oil, plus
- additional oil, for greasing baking pan

Instructions

1. Prepare a baking or roasting pan by lining it with foil and brushing it with olive oil.
2. Preheat broiler.
3. Mix together all remaining ingredients except fish into a well-blended paste.
4. Place fish skin-side down (if it has skin) on baking sheet, then spread seasoning over flesh.
5. Broil fish at second rack away from heat for 5 minutes or less, just enough to sear flesh but not burn herbs.
6. Lower fish to 3rd or 4th rack and lower oven heat to 325°F Bake for 10 additional minutes, or until fish is cooked through in the thickest portion.

Serve with steamed vegetables, salad, orzo salad