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SHALLOW-POACHED STEELHEAD WITH LEEKS AND LEMON

From Clean Eating

Ingredients

- 6 to 8 slices of lemon
- 2 leeks, halved, white and light green parts only
- 2 cups chicken broth or water
- 1, 8-oz boneless, skin-on steelhead fillet
- Pinch each sea salt and fresh ground black pepper, or to taste

Instructions

1. In a large skillet, layer lemon and leeks along bottom and add stock.
2. Place skillet on medium heat and bring to a gentle simmer.
3. Season trout with salt and pepper and gently slide fillet over top of lemons and leeks.
4. Cover and simmer for 8 minutes or until trout is opaque and flakes easily when tested with a fork.
5. To serve, spoon lemon-leek mixture onto a serving plate and top with trout and pan juices.