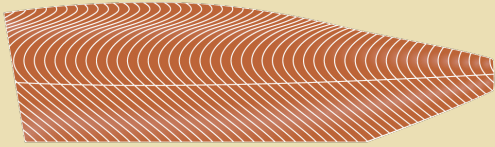
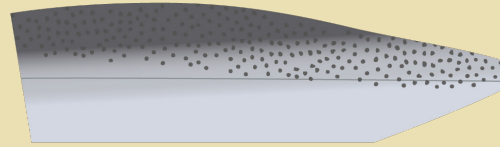


Rainbow Trout & Steelhead Guide

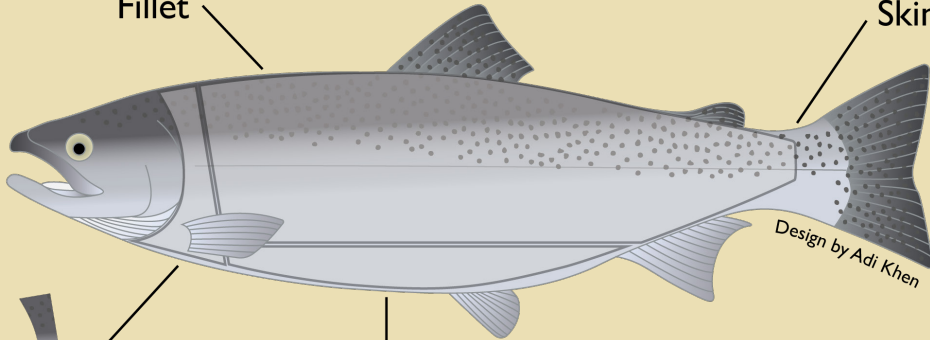
Oncorhynchus mykiss



Fillet



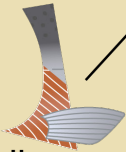
Skin



Design by Adi Khen



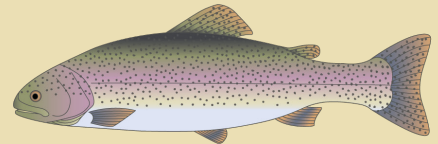
Spoon
meat



Collar



Belly



Rainbow Trout

RAINBOW TROUT & STEELHEAD (*Oncorhynchus mykiss*)

Rainbow trout and steelhead are one species with two distinct behaviors. All are born in rivers or streams, but some individuals (rainbow trout) stay in rivers their entire lives, while others (steelhead) migrate to the ocean and back. The species is native to the west coast of North America from Alaska to Baja California, and is found in watersheds that drain to the Pacific Ocean.

This species' two behavioral strategies are a tradeoff between risk and reward. Steelhead take the risk of ocean migration in order to grow large eating the abundant food in the ocean. Rainbow trout remain in freshwater their entire lives, facing fewer risks but also finding less food, and are typically smaller in size. Steelhead can make multiple spawning migrations, and rainbow trout can spawn for several years without leaving their watershed.

Both steelhead and rainbow trout need cold, clean, flowing freshwater rivers and streams throughout their lives. Steelhead, like Pacific salmon, are also vulnerable to threats along their migration routes including habitat degradation, large predators, and warming temperatures. These habitats are becoming increasingly rare as agriculture, urbanization, hydropower, logging, water pollution, and climate change each alter the environment.

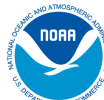
Along the U.S. west coast, the Southern California Coast distinct population segment (DPS) of steelhead is listed as Endangered under the Endangered Species Act (ESA). Ten other DPSs are ESA-listed as Threatened, including the South-Central California Coast DPS and the Central California Coast DPS, which range from the California-Mexico border north to (not including) the Klamath River. These populations are protected, with scientists, managers, and local communities working actively to restore their populations.

U.S. fisheries target only healthy fish stocks. In California, recreational anglers can catch rainbow trout in rivers, streams, and lakes, as well as hatchery-born steelhead in rivers and streams from Big Sur to the Oregon border.

In the U.S., rainbow trout and steelhead are responsibly farmed. Both the wild-caught and farm-raised varieties are good sources of lean protein, vitamin B12, and omega-3 fatty acids. Look for varieties of this species at your local market, and try them to learn how their different lifestyles affect the appearance and taste of the fish.



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ASIAN-INSPIRED WHOLE RAINBOW TROUT



Chef Christina Ng, Chinitas Pies

Ingredients

1 whole rainbow trout
1 lemon, halved & sliced
2 sprigs Thai basil / basil
1 stalk lemongrass
1" ginger, peeled & sliced
1 tsp soy sauce
4 tbsp neutral oil like sunflower, grapeseed, or canola oil
1.5 tsp salt
pinch of white pepper
1 stalk scallions, sliced

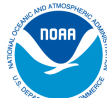
Chef's Note: A thin skin and fine protein structure lend to a quick cook time and tender texture. Rainbow trout has a mild flavor that takes to aromatics and all kinds of seasoning combinations really well. Their size lends to a great, easy to prepare meal, with no waste to be had!

Directions

1. Preheat oven to 375F. On a sheet pan or baking dish, lay down a sheet of parchment paper, enough to cover pan. Drizzle 2 tbsp oil on paper.
2. Season exterior of trout with $\frac{3}{4}$ tsp salt. Lay trout onto oiled paper. Stuff belly cavity with remaining salt, lemon halves, basil, smashed lemongrass stalk, and ginger. Drizzle remaining oil, soy sauce over fish.
3. Fold top and bottom edges of parchment paper to meet in the center of fish and fold over two to three times. Fold each side inward to seal your bag.
4. Bake for 25-30 minutes. When done, fish should easily separate from its bones. Garnish with white pepper and scallions, serve alongside stir-fried vegetables and steamed rice.



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GRILLED STEELHEAD COLLAR COLD NOODLE SALAD



Chef Davin Waite, [Wrench & Rodent Seabastropub](#)

Ingredients

2 steelhead collars*
tomatoes (1 cup cherry or
1 large heirloom)
½ cup green onion
Dry buckwheat noodles
Olive oil & garlic
Salt & pepper
For [Blood Orange Koji](#)
[Hyashi Sauce](#):
1 cup blood orange juice
1 cup seasoned sushi
vinegar
1 cup clear shio koji
½ tsp garam masala
1 tsp pickle spice
½ tsp black peppercorns
¼ tsp whole juniper
berries

Chef Davin's Note: We use collars here, but this recipe works with any off-cuts or parts, including fins, wings, or bone sections. Small skin-on fillets also work great.

Directions

1. For the [Blood Orange Koji Hyashi Sauce](#): Combine all sauce ingredients in a small saucepan. Bring to a boil, then strain and cool to room temperature. This will make more than you need. *Save leftover sauce in an airtight container in the refrigerator for several months, as it gets better with time.*
2. Cut cherry tomatoes in half or heirloom tomato in cubes. In a small bowl, season tomato with chopped garlic, salt & pepper. Cut green onion thinly at an angle. Set aside.
3. In a medium saucepan, bring 6 cups water and 1 tsp salt to a boil. Cook dry buckwheat noodles about 4 min, strain, and cool (or follow directions on package). Lightly drizzle with olive oil and toss noodles to help them not stick together.
4. Season steelhead collars with salt, pepper, olive oil and chopped garlic. Grill or pay fry at a medium high temperature for 6 min per side; or broil for 8-10 min.
5. Place your collars on two plates. Top with chilled noodles and tomatoes, generously add sauce and garnish with the green onion.



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FISH SKIN CHIPS & DIP



Chef Davin Waite, [Wrench & Rodent Seabastropub](#)

Ingredients

skin from 1 whole fish

2 medium avocados

1 tsp salt

1 tsp pepper

¼ cup lemon or lime juice

½ cup diced tomatoes

½ cup diced red onion

¼ cup chopped cilantro

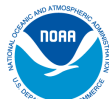
Chef Davin's Note: This recipe works with skin from most fish. Give it a try with skin from any salmon or trout, or with yellowtail, snapper, or grouper species.

Directions

1. First scale your fish, then fillet. Remove skin from each fillet with a sharp knife. Place skin meat-side down on a foil-lined tray, making sure to turn the edges of the foil up. Lightly season with salt and pepper.
2. Toast or broil for 20-30 min until crispy. When done, carefully drain off the oil. Cool to room temp.
3. While skin is cooling, cut avocados in half and remove pits. Scoop out meat into a medium mixing bowl, and add the salt, pepper, lemon or lime juice, tomatoes, red onion, and cilantro. Mix with a fork to your desired consistency - for chunky, mix less, or for smooth, can beat with a whisk.
4. Spoon guacamole into a dollop in the center of 1 large or 2 smaller plates.
5. When the skin is cool, cut into tortilla-chip size pieces, alternating diagonal cuts to create triangles. Arrange chips around the guacamole on plate, and enjoy!



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SIMPLEST GRILLED STEELHEAD

Adapted from [Sam Sifton, New York Times Cooking](#)

Ingredients

*4 steelhead fillets,
skin on*

*salt & pepper
olive oil*

This approach works for any skin-on fillet.

Try it with rainbow trout, and other species of salmon, or your favorite white fish.

Directions

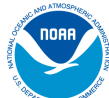
1. Heat a clean gas grill to medium-high. Fish may stick if grill isn't clean to start.
2. Season fillets to taste with salt & pepper on both sides. Lightly oil grill grate, and place fillet skin up over the heat source. Cook for 2-3 minutes until lightly browned.
3. Carefully flip to skin down. Cook 3-4 min longer for medium rare.
4. Serve with a side of rice, salad or vegetables, and a lemon wedge.

REFERENCES

1. California Department of Fish & Wildlife, [Steelhead Report & Registration Card](#).
2. California Department of Fish & Wildlife, [Coastal Rainbow Trout / Steelhead](#).
3. NOAA Fisheries, Species Directory: [Steelhead Trout](#).



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