

Rainbow Trout with Saskatoon Berry Relish

Yield: 4 portions

1 cup	Saskatoon berries
1/3 cup	small diced peeled gala apples
1/3 cup	small diced onions
2 ½ Tbsp	sugar
Pinch	ground cloves
Pinch	ground cinnamon
1 tsp	each white vinegar and lemon juice
4 x 4 oz	Rainbow Trout fillets
	lemon wedges

Add all ingredients to sauce pot except trout and lemon wedges. Bring to a boil then reduce heat to a low simmer. Continue cooking until onions are tender. About 30 minutes.

Add water if sauce becomes too dry. Taste and adjust seasoning and sweetness.

Pan fry the Rainbow Trout fillet. When plating, put one spoonful of relish on the fish filet and a lemon wedge as decoration. Serve with rice and vegetables.

