

# Tasmanian Teriyaki Trout

## Ingredients

1 1/2 lb Tasmanian Trout Fillet, cut into serving size pieces  
3/4 cup Mirin  
3/4 cup Soy Sauce  
3/4 cup Sake  
1/4 cup, plus 2 tbsp Sugar  
1 1/2 cup Rice  
3 cups Water

## Directions

To make the teriyaki marinade, bring the mirin, soy sauce, sake and sugar to a boil and reduce by half. Allow to cool and pour over fish. Marinate for one hour. Preheat grill or non stick skillet to medium heat. Remove fish from marinade and cook 3 minutes per side, or until desired level of doneness.

Do not overcook! This fish is great when done medium.

Meanwhile, bring rice and water to a boil, stir & cover with a lid. Reduce heat and simmer for 10 minutes. Reheat marinade in a saucepan & cook for 5 minutes. Serve fish with rice and drizzle of teriyaki sauce.

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