

COOKING WITH CHEF WATSON - CENTRAL DAIRIES

Maple Seared Steelhead Trout with Strawberry Ginger Salsa

Ingredients:

4 x 6 oz Steelhead trout fillets
2 oz Maple syrup
2 oz Olive oil
Salt & pepper to taste

Directions:

Marinate the seasoned steelhead trout fillets in maple syrup for 20 minutes. Pan sear the steelhead trout in a heated frying pan with olive oil for 3 minutes on either side. Try not to over-cook the trout.



Strawberry Ginger Salsa

1 ½ cups Strawberries, hulled and coarsely chopped
2 tbsp Chopped red onion
2 tbsp Fresh lime juice
1 tbsp Minced fresh ginger
½ tbsp Honey
1 tbsp Chopped fresh basil
1 tbsp Chopped cilantro leaves
1 tsp Olive oil
Salt and pepper

Directions:

Mix strawberries, onion, lime juice, ginger, and honey in a small bowl. Set aside for flavors to combine. Add basil and cilantro to the mixture. Spoon over salmon and serve. Enjoy!



Chef Steve Watson first came to Canada from London, England in 1977 to study North American cooking. Before arriving in Canada the native of Scunthorpe, England served as an apprentice in May Fair London, and also worked in Scotland, Belgium, France and Germany.

He taught culinary arts at the Cambrian college in Sudbury, Ontario before joining the Canadian Pacific Hotels chain in 1988. A few years later, Steve accepted a position with the Hotel Newfoundland in St. John's. Twenty years has passed since Steve first came to Newfoundland. He is currently a sales representative and executive chef for Central Dairies. He is a devoted family man, a dedicated employee and a prominent member of the local community. He epitomizes the definition of a volunteer, and spends countless hours giving back to the people of a province he now calls home.